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Politicians as people

COVER STORY

Who are these politicians that rule our national parties? Behind all the TV sound bites, baby kissing and ribbon-cutting photo ops, we would like to know them as human beings. They want us to vote for them but are they letting us know who they truly are, what they think and, most importantly, what they will stand for if we elect them?

To help reveal more about the private side of people who live very public lives in Ottawa, *Common Ground* has invited the leaders of all federal parties to be interviewed. We are launching this new series with Stéphane Dion, leader of the Liberal Party of Canada, in a sit-down interview with publisher Joseph Roberts. Next month will feature NDP leader Jack Layton and invitations have been extended to Green Party leader Elizabeth May, Bloc Québécois leader

Gilles Duceppe and Prime Minister Stephen Harper. We are presenting this series in a cooperative, non-partisan spirit, hoping to find common ground with each party leader as a fellow Canadian.

In order to have healthy people, we need a healthy environment. In order to have a healthy country, we need to have a healthy government actively protecting our environment and in order to have healthy leaders, we need to have leaders of conscience who embody the courage to enact healthy legislation. We expect leaders to act in ways that nurture democracy, encourage trust, and live up to the wishes of the people who elect them to office.

We hope our quarter-million readers enjoy these intimate interviews. May spring surprise you with many wonders and much wisdom.



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See Shawn Buckley's
article on page 20

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Endangered Natural Health Products?

The threat of Bill C-51

Speaker: Shawn Buckley, LLB
Regulations Expert

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EAT SLOW LIVE LONG



Nadine Barner (front, right) with The Police at Tokyo station.

You have to make yourself sit down. You have to stop running around for money, for goods and fortune. You have to reset the body clock. Once you've done this, everything starts to fall into place.

Nadine Barner has been a macrobiotic chef, teacher and health counsellor for the past 20 years. She is a graduate of the Kushi Institute in Massachusetts and has studied widely with many western teachers. In addition to practicing macrobiotics in California, she travels and teaches healthcare, diagnosis and cooking to individual households as well as various celebrities. For the past 11 months, she has worked exclusively as Sting's personal chef, on a world tour with the band The Police. Visit nadinebarner.com

Macrobiotics derives from the Greek "macro" (large, long) and "bios" (life). It is a dietary regimen involving eating grains as a staple food supplemented with other local foodstuffs such as vegetables and beans, and avoiding the use of highly processed or refined foods. Macrobiotics also recommends against overeating and requires that food be chewed thoroughly before swallowing.

Joseph Roberts: In your opinion, what is getting in the way of people

becoming more aware and realizing what is healthy and what is unhealthy?

Nadine Barner: That's a loaded question. We're not taught in society to be responsible for ourselves. What we learn through macrobiotics and oriental medicine is first to be responsible and to understand that we are part of nature. Most of the western world is trying to overtake nature, to box and control and suppress it, to do everything without understanding that we are part of nature and there are some very specific rules in the universe. But we just don't want to hear it.

For over 20 years, I've acquired an understanding that comes from your and my ancestors. It's very old with some simple rules. But in order to apply those rules, I have to stop and think and apply them. I don't have to talk or write; I have to do them. You have to do it. You have to sit down for breakfast between seven and nine in the morning because that's the best time for the stomach. You have to cook supper. You have to chew well because complex carbohydrates are

actually processed in the mouth, not in the stomach as proteins and fats are. You have to understand that and make yourself sit down. You have to stop running around for money, for goods and fortune. You have to reset the body clock. Once you've done this, everything starts to fall into place. Your blood changes – the white blood cells in 10 days, the red in 120 – in four months. Right now, you're sitting in front of me with the food you've been eating with the last four months. How does it smell? People don't want to think of this.

In order to feel grounded, you also have to eat local and organic as much as possible. We really get grounded from the vegetables we eat and the simplest food has always been the best. Our grandfathers ate very traditional food, the same over and over again.

JR: How does what we eat change us as we age?

NB: We shrink. There's a time for everything, as the Bible says. We don't even want to think of this. We push our bodies.

JR: Can you give me a couple of examples in the difference between, say, 20 and 50 years of age?

NB: After menopause, the estrogen is lower and testosterone is higher. If I continue to eat more protein and more baked, hot foods, I'm going to be more dissatisfied with life.

JR: So your preferable foods would be whole foods, grains and lighter food?

NB: It depends on your condition and what you do. Traditionally, people ate according to what they were doing. But always you have to chew and people don't take the time. Chewing is assimilation. I don't know if you've seen a picture of the intestines, but they're very similar to the brain. If one doesn't work, the other doesn't either.

JR: Let's talk about chewing, digestion and assimilation. If one doesn't work, you're not going to be healthy?

NB: It depends on your constitution. For example, look at the size of your ears and mine. I'm very weak. The ears, in oriental medicine, are the constitution so very large ears mean a strong constitution.

JR: I have large ears.

NB: Yes, so you can get away with murder. Constitution dictates what we can do. People with a strong constitution can get away with so much they often abuse it. The constitution is inherited from our grandparents. So it's more than just the food.

Another thing is people expect everything to be pre-digested for them because the brain doesn't work. This is not really pre-digested information. You have to think about it, apply it, put it together. Unfortunately we're in an age where everything has to be chewed

HEALTH

for people, and then people chew it and throw it away.

JR: I had a conversation today with someone concerned about their weight. Why do some people eat too much?

NB: Because they can't stop themselves. The way the universe works – you have the morning, noon, afternoon, evening and night. In oriental medicine, the energy of the morning that goes with the liver and gall bladder is upward moving. This is what we call yin energy. At noon the energy is completely outwards and very strong. Around 3 o'clock, the energy goes down and is heavier. So we eat differently at different times.

JR: So if the morning is yin, we should eat yin foods?

NB: Yes, you match the energy. That's what nature is all about.

JR: What about people who don't go to sleep until one or two in the morning?

NB: Their hormones are fucked up; excuse my French, but this is what happens. But for some people it has a lot to do with the way they were born. Birth has an impact, overall, on the sympathetic and parasympathetic nervous systems. The way you eat is going to make your mind. Nothing can change the stag-

for me" because they don't understand. To chew is very difficult. You have to make time for yourself.

JR: Rather than just biting and gulping.

NB: You need to break the food down and the more you chew, the sweeter it becomes. And the sicker you are, the more you have to chew.

JR: After we chew and the enzymes in our mouths go into the food, where does it go then?

NB: It goes into the stomach and you have the bile that comes from the gall bladder and other enzymes from the spleen and pancreas. Then it basically gets digested in the small intestine. It goes to the pancreas and the spleen, after which all the enzymes mix together. The digestive system actually starts very slowly; it takes a number of hours.

JR: With assimilation, food travels first to the small intestine, the large intestine, the colon and then gets eliminated.

NB: Right. So in all that time you have the blood flow through the body that takes the nourishment from the spleen and the pancreas and sends it pretty much throughout the body, again depending on what you assimilate in your small intestine and how much you chew your food and break it down to the



Nadine with two executive chefs from one of the world's largest hotels, the Venetian Macao-Resort-Hotel in China.

nations you have inside of you. Once the body is stagnated, the mind is also stagnated. Always go back to this.

The more you chew, the more you actually break down the food to the smallest particle so you can assimilate it. The pancreas is basically where all the complex carbohydrates go, digested in the mouth, while protein and fat are digested in the stomach. So if you don't chew them, you by-pass the digestion. This is why people who switch to macrobiotics and don't chew are always hungry. So then they say, "It doesn't work

smallest particle to assimilate the glucose and all the nutrients and vitamins. So you need a variety of food.

JR: I eat a lot of fish and vegetables and Chinese cooked foods in restaurants.

NB: They use too much oil. Dairy and oil and too much fruit are mucous-forming. I don't eat any dairy. If you haven't been cooking, you're dependent on others, even if it's organic food. That's better, but it's the buzzword of the last five years because it makes money and makes everybody feel good. I feel better,

continued p.8...





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...Chef cont'd from p.7

but what is important is balance.

A book you should get is *The China Study* by Colin Campbell. He says it boils down to three things: breakfast, lunch and dinner. But we don't want to look at this. It's the hardest thing I have with all my clients – to make them sit and eat at a regular time.

JR: What happens when you go without eating for a long time? Sometimes I'm too busy to eat and then I crash.

NB: It is the hardest thing for some people to really take care of themselves. We are wedded to our habits. What comes first? Is it the food or your habits? Chicken or egg? In the last 10 years, I've really refined what I do. I've let go of money, a house and success because I wanted to become more Zen. But it was very important for me to be at peace with myself and to feel good – not only my physical health but also emotionally and spiritually.

JR: How do relationships affect the yin and yang?

NB: The same way. You're going to pick what you know according to your condition. Sex is the same thing.

JR: I think it's very healing for the body, but I'm also thinking too much is not a good thing. Is there a preferable way?

NB: There's no preferable way. Here we have woman energy, which comes from the earth and rises, while man's energy comes from the heaven and moves downward. Now, if we have a woman eat bacon, which moves energy downward, her sexual energy will decrease. If a man eats too much upward energy like fruit, sugar, coffee and protein, the sexual drive is going to be very fast but not sustainable. We haven't understood that the way we eat determines how healthy our sexual drive is. I've become more sensitive as I've aged and eaten this way. My skin is more sensitive. I get aroused very rapidly. The energy of the woman is more in the morning, while a man is more at night.

JR: So how do they find common ground?

NB: Well, this is why you give chocolate or a bit of alcohol to a woman, just to kind of smooth her energy down a bit. Touching also brings the energy down. Also women are more practical, so you appeal to her mind, make love with words. Men are more physical and visual, so it's also part of the knowledge that you understand.

JR: Can't sex deplete the energy?

NB: That's a problem with the bladder. It's the kidney energy, basically.

JR: What happens when you have too much food?

NB: The more you eat, the more you ejaculate. Semen, first of all, is protein.

JR: So eating a lot of protein is good to balance you off if you're having a lot of sex?

NB: No. Basically, if you go to a monastery you'll find they eat very little

protein because they don't want to be sexually aroused. So to calm your sexual drive, you eat more cold tofu, less animal protein, less beans.

JR: So food and sex have something in common. What about movement?

NB: The more yang food you eat, the less movement you have. Vegetables are more flexible; the more vegetable quality, the more flexible you are. It's very simple.

JR: What about actually bringing movement into your life?

NB: It still starts with food. Three weeks on the diet and everything changes. Food comes first. Breakfast, lunch and dinner.

JR: What would be the highest goal in macrobiotics?

NB: Every goal is different for everybody – To feel good. To look good.

JR: I'm thinking death is a natural process.

NB: I want to die in my bed; that's why I'm doing this. I've worked with a lot of people who had cancer. After I healed myself from ovarian cancer years ago, I had a little tumour on my breast and everyone was freaking out around me, including my son. Everybody wanted me to remove it. Even people who were macrobiotic for a long time said to at least have a biopsy and so forth. But I decided to put my money where my mouth was and I did what I've been telling you. I sat down with the food and chewed it and ate on time. It's not really a diet. It's an understanding because eventually you develop a certain philosophy of what your body needs and as you age your body refines. It's not the same food all the time. And you make these decisions; I know if I have a piece of salmon, I can't fall asleep or if I eat it at night, I'm sluggish in the morning. If I have some coffee I'll be hyper.

JR: Do you work with acupressure?

NB: Shiatsu is part of macrobiotics and oriental medicine. I've also learned acupuncture and something called Do-In, which is like a self-massage exercise that you do in the morning that activates all the systems.

JR: Do you ever do public talks?

NB: I do a lot of one-on-one teaching. The level you are at is what you have to address. The person I'm cooking for now is very sentimental. I'm cooking for him because I can see the condition and I'm good at what I do. I'm cooking for what he needs in order to work, for endurance. I don't cook for the way I think macrobiotic is. I cook for what he needs because I can see him.

We have to try and inspire the ones who are going to rebuild a better world. When I started in LA, there were only two health food stores. There was nothing organic. I'm so proud because I've participated in all this. Macrobiotic is everywhere. I've given time, money and sweat for free to help in this world and all we are here for is to give. That's all.

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Not getting enough sleep?

It could be hazardous to your health

Text and art by Geoff Olson

During the tech stock boom in 1999, the *Wall Street Journal* ran an article entitled “Sleep, the New Status Symbol.” The newest perk among CEOs, announced the *Journal*, was eight or more hours of sleep. “Once derided as a wimpish failing – the same 1980s overachievers who cried ‘lunch is for losers’ also believed sleep is for suckers – slumber now is being touted as the restorative companion.” A good night’s sleep spun as a status-related perk for players? You couldn’t find better evidence for North American culture’s departure from common sense, and our circadian rhythms, linked to the planet’s slow cycles of light and darkness.

There is a sensual aspect to falling asleep – the drift of consciousness into reverie and then comfy oblivion – that our competitive culture has always found a bit suspect. Type A personalities still tacitly regard a six hour-plus absence from productive activity as a necessary evil or, at best, a provisional state that science will eventually correct.

We spend about a third of our lives asleep. It’s a dynamic process characterized by well-defined shifts in electroencephalic activity, as we move from the rolling delta waves of deep sleep to the spiky waves of REM sleep. Sleep involves self-repair in its largest sense, of body and soul. But we’re getting less and less of it; many North American workers are toiling under a sleep deficit. Our health ends up being compromised by cumulative overdrafts on our “sleep banks.” What we lose in the process is precious: energy, mood, immunity, coordination and cognition. Many workers endanger themselves and others as a result.

In 1960, the American Cancer Society surveyed one million Americans, asking how much sleep they were getting a night. The median answer was eight hours. The number from current surveys has fallen to 6.7 hours, a decrease of more than 15 percent.

“Stress and anxiety are at a fever pitch, which limits the ability to sleep well,” according to David White, a Harvard professor of Sleep Medicine. “And there is more science than ever showing what a detriment that state is to performance and health.”

“This is a huge and intractable problem,” noted Dr. Bradford Weeks in a talk at the Nutritional Medicine Today



35th Annual International Conference on orthomolecular medicine in Vancouver. Weeks observed that 62 percent of Americans report sleep problems and that 80 percent of patients never discuss sleep problems with their doctor. He added that three out of five adults claim they have never been asked by a doctor – in their entire lifetime – how well they sleep.

In a recent study at the University of Pennsylvania, paid volunteers spent a week and a half in a dimly lit hospital ward, wired up to electrodes. Their mission: to stay awake until 4 AM. They were then awakened at 8 AM for five nights in a row. David Dinges, who directed the study, was amazed at the “cumulative impairment” that resulted from “chronic, partial sleep deprivation.” The volunteers’ ability to think quickly and remember things was worse by the first day. The second day was worse than the first, and the third worse still.

Lack of sleep can result in serious, personal risks. In a study published in the *British Journal of Occupational and Environmental Medicine*, researchers in Australia and New Zealand reported that sleep deprivation can replicate the effects of being drunk. Getting less than six hours a night can affect coordination, reaction time and judgment, “posing a very serious risk,” the researchers

say, especially to commuting workers. They found that people who get behind the wheel after being awake for 17 to 19 hours performed worse than those with a blood alcohol level of .05 percent, the amount of alcohol someone can consume and still drive legally in most western European countries. One estimate holds there are 42,000 deaths a year in the US from people falling asleep at the wheel.

The dozing lapses of commuters are called “micro-sleeps.” They can even occur when people have their eyes open, and it takes only seconds for a vehicle to end up in a ditch or worse. Dr. Stanley Coren, a professor of psychology at the University of British Columbia, offers a colourful condemnation of sleep-deprived drivers. “It may... come to pass that someday the person who drives or goes to work while sleepy will be viewed as being as reprehensible, dangerous, or even criminally negligent as the person who drives or goes to work while drunk. If so, perhaps the rest of us can all sleep a little bit more soundly.”

“Dreaming permits each and every one of us to be quietly and safely insane every night of our lives,” noted sleep researcher William Dement. The implication being that if we don’t get to sleep properly at night, with an opportunity to descend into our nocturnal dream worlds, we may go a little nuts during the daytime. Activity in the amygdala – the place in the brain

where rage originates – is normally processed through the frontal lobes, which modulate and often override the primitive signals from the amygdala. But laboratory subjects deprived of sleep display “a hyperactive brain response” similar to that found in people with major psychiatric disorders. Road rage, anyone? It’s no surprise that during the morning and afternoon commutes, unknown numbers of sleep-deprived drivers going ballistic over the minor and major lapses of other sleep-deprived drivers. From what we know of the neuroscience of sleep, you’d expect it.

Dr. Stanley Coren points out that that sleep-deprived workers were a common factor in the 1989 Exxon Valdez oil spill off the coast of Alaska, the 1979 near-nuclear meltdown at Three Mile Island in Pennsylvania, along with several other nuclear power plant incidents. The Chernobyl disaster followed a similar template, says Coren, in his book *Sleep Thieves*: “we have a case of rotating shifts, some crew members working extra long hours, and the bodies and minds of the plant operators winding down in the bottom of the daily alertness cycle, when the pressure to sleep is the greatest.”

More recently, the assistant captain who crashed the Staten Island ferry into a pier, killing 11, admitted that he felt exhausted prior to the accident.

Sleep debt leaves its mark on bodies as well as minds. Perhaps the most dramatic health deficits from sleep deprivation are found in shift workers. Night-shift workers have a 40 to 50 percent increased risk of heart disease compared with day workers, according to various studies. It’s also common for these workers to get only five hours of sleep, making them 50 percent more likely to be obese than normal sleepers. Female night-shift workers have higher rates of miscarriage, pre-term birth and low birth-weight babies. Night-shift workers also suffer greater rates of breast and colon cancer.

A raft of studies has recently been released tying sleep loss to weight gain as well. The explosion of obesity among working North Americans may have as much to do with sleep deprivation as diet. The latest studies now link sleep loss to an increase in diabetes.

Even electric light is implicated in sleep-related health problems. Animal studies have shown that exposure to dim

light during the night can substantially increase tumour development. This is why sleep doctors counsel against down time with computers, cell phones or television right before sleep. The artificial sources of light can fool the pineal gland (the third eye of mystical lore) into reducing melatonin, the sleep-enhancing neurochemical associated with natural circadian rhythms.

Modern medicine has had a strangely ambivalent role in the understanding of sleep, as if there is some institutional wall between the research on sleep and the actual practice of medicine. Bradford Weeks cites cases of "iatrogenic insomnia," or sleeplessness caused by prescription medicine, in particular SSRI antidepressants (selective serotonin reuptake inhibitors) such as Prozac and Paxil.

One recent, widely-publicized study holds that SSRI medications have little more than a placebo effect on all but severe cases of depression. Previously, juvenile suicides have been linked to the widespread prescribing of SSRIs to youth. With doctors dispensing antidepressants like candy over the past decades for mild to moderate cases of clinical depression, the public debate has now moved from debating these drugs' benefits to debating their potential threats.

In his presentation at the Vancouver orthomolecular conference, Dr. Weeks, M.D., cited the Prozac case of Kelly Silk. One evening, this young mother – allegedly in her sleep – attacked her family with a knife and then set the house on fire killing all but her 8-year-old daughter, who ran to the neighbour's home. As she stood bleeding and screaming for help, she explained: "Help! Mommy is having a nightmare!"

"Out of the mouths of babes we will understand these nightmares for what they are," noted Weeks. "She understood that this was something her mother would do *only* in a nightmare, never in reality. This terrifying new public health hazard is known as a REM Sleep Behaviour Disorder. According to sleep specialists who interpret polysomnograms (recordings of EEG tracing during sleep), in 86 percent of these cases the patients are on SSRI meds. These sleep doctors can even see "Prozac eyes" (erratic movements) in people who are asleep and taking the medication.

Dr. Weeks mused that pharmaceutical companies are engaged in a massive social experiment, interfering with health consumers on the deepest level, at the level of their dreaming minds. Contacted by email, he elaborated further on the health risks. "The fact of the matter, and I tell patients to ask their sleep doctors if they don't believe me, is that SSRI drugs *disrupt* sleep physiology and interfere with the restorative aspects of deep sleep. And that is a

very, very dangerous thing to do – for reasons we are only now beginning to realize – but which Kelly Silk's daughter knows all about."

Considering what science knows of sleep deprivation, it's truly astounding that hospitals across North America continue to push interns on sleep-deprived rounds, potentially endangering the lives of patients. In a 1990 study published in the *Western Journal of Medicine*, four standard tests of cognitive function were given to 23 university hospital house staff. A statistically significant deterioration occurred in three of the four tests after a night on call. Even physicians acclimated to sleep deprivation on a regular basis showed functional impairment. As for cases of physician-caused deaths due to sleep-deprived staff, we obviously have little to go by than anecdotes.

I have one anecdote of my own. In 2002, a doctor in internal medicine on staff at a Canadian hospital told me, over lunch and off the record: "... my team has killed people." He then qualified that

.....
Type A personalities still tacitly regard a six-hour-plus absence from productive activity as a necessary evil or, at best, a provisional state that science will eventually correct.

statement by saying the patients were in bad shape and probably would've died shortly anyway. He went on to describe one sleep-deprived surgeon next to him pulling on an anaesthetized patient's gluteus maximus with forceps and then falling backwards onto the floor into unconsciousness, forceps still in hand. I didn't ask what happened to the patient's posterior in the process.

One estimate of so-called "Deaths by Modern Medicine," in the US alone, is over 700,000 a year. This comprises deaths from medical error, bedsores, infection, malnutrition, outpatient adverse reactions, unnecessary procedures and surgery-related complications. One has to wonder how many of these deaths had sleep deprivation as a complicating factor, not just among hospital staff but the patients themselves.

Perhaps our bodies are smarter than most physicians trained in western medicine have been willing to credit. There's plenty of scientific evidence of an intelligent system inherent in our own physiology. In 1932, Walter Cannon's book *The Wisdom of the Body* popularized the idea of "homeostasis," a fifty-dollar word meaning self-regulation. In his now out of print work, Cannon examined the ways in which the body, through feedback loops, keeps itself on an even keel, maintaining glucose concentrations, body temperature, acid-base balance, and innumerable other equi-

libria. "Homeostasis does not occur by chance, but is the result of organized self-government," Cannon insisted.

Homeostasis is old hat to physicians, but it's rather odd how many have failed to understand its significance. Given exposure to a natural environment, with environmental stressors minimized, the body is far more likely to perform in an optimal way. All our bodies need to express their innate wisdom is for us to get out of the way. Among the most important barriers to remove are those to a good night's sleep – artificial light sources, lifestyle drugs, sedentary living and poor nutrition.

"We term sleep a death, and yet it is waking that kills us, and destroys those spirits that are the house of life," wrote the English poet Thomas Browne in 1643. It may well turn out that a host of diseases are traceable, at least in part, to sleep-deprived lifestyles. The problem does not lie with the wisdom of the body, but with the foolishness of our hyper-caffeinated culture, in which pill-popping wage slaves are, quite literally,

working themselves to death.

Sleep is still regarded in some quarters as only a degree's separation from sloth. Luckily, attitudes are changing. There is increased awareness in the public and greater media attention, on the fundamental necessity of a good night's sleep. It's what makes the motto of BC's Work Less Party, "Alarm clocks kill dreams," as seductive as it is subversive.

In *Sleep Thieves*, Coren quotes a busy manager of mutual funds, expressing a viewpoint that is already starting to sound dated. "Sleep is a waste of money. The only way to make money is to be awake, all the time. That way you are ready when opportunity comes, and you can make the right decision at the right moment."

Coren offers a more sensible counterpoint: "Sleepiness is a waste of money. The only way to make money is to be rested enough so that you are actually awake when the opportunity comes. Only then can you logically select the right alternative at the right moment."

In the end, it was said best decades ago, by *Brave New World* author Aldous Huxley: "That we are not much sicker and much madder than we are is due exclusively to that most blessed and blessing of all natural graces, sleep."

So go ahead and slap that snooze button; your deeper self will thank you.

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LIVE HEALTHY IN A TOXIC WORLD

DEAR FRIENDS,

It seems that nowadays we frequently hear people say things like "clean living" and "going green," but how often do we stop to think about what these words really mean? And how often do we consider that the choices we make every day might affect our health and the health of our loved ones?

Without a doubt, our society's growing need to make things faster and easier has had a profound impact not only on our environment, but on our overall well-being. In fact, many of the products we use in our homes every day to make our lives more convenient—think nonstick cookware and flame retardant fabric—are actually manufactured using dangerous chemicals that may lead to illness and chronic disease. Even our children's toys are not as safe as we once thought, a fact underscored recently by countless reports of lead contaminated playthings.

Even our air, food and water are being contaminated by industrial pollutants, pesticides and heavy metals. If allowed to build up in the body over time, the long term health effects of such toxins could be devastating. The good news, however, is that there is something we can do about it.

Through the healing power of detoxification we can begin to take back control of our health and truly understand what it means to "live clean". As a natural health practitioner, I have witnessed time and again the healing power of herbal detoxification and internal

cleansing. By supporting the organs and organ systems used by the body to help purge and eliminate toxins—specifically the liver, lungs, lymphatic system, kidneys, skin, blood and bowel—we can take that first step toward lasting wellness.

As a result of my own struggle with poor health more than twenty years ago, it has become my passion to share with others the healing principles that changed my life. That passion helped me establish five natural healthcare clinics that specialize in cleansing and detoxification, and it has since allowed me to develop a successful career as a naturopathic doctor, certified nutritionist and digestive care specialist.

The Detox Strategy is the culmination of a lifetime of research, inspiration and hard work, and I am excited to share it now with people everywhere.

Yours in good health,

Brenda Watson

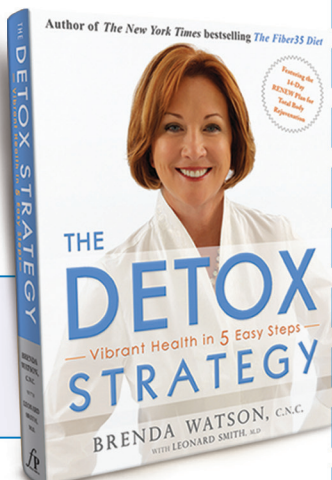
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DRUG BUST

Alan Cassels

Last month, Alan Cassels presented a brief to the House of Commons Standing Committee on Health in Ottawa, which is examining the issue of “post-market surveillance” of prescription drugs. Surveillance is the term given to gathering reports on the adverse effects of pharmaceuticals; an activity Health Canada has been under increasing criticism for not properly monitoring. Issues such as the dangerous side effects caused by the arthritis drug Vioxx, the use of antipsychotics by the elderly, and the safety and efficacy of antidepressants have all called into question the role of the government in monitoring drug safety in Canada. The following is an abridged version of his presentation to the committee:

When I told my family I was coming to Ottawa, my 11-year-old daughter—who is a budding environmentalist—asked me: “Dad, why are you going to increase greenhouse gases to travel all the way to Ottawa for a 10 minute speech?”

I had to explain to her that every day in this country people are harmed or die because they are taking perfectly legal prescribed drugs. I told her I didn’t want her or her brother, or anyone for that matter, to die because they or their doctors didn’t learn of the potential dangers of their drugs. I told her the story of Terence Young, a former member of the Ontario legislature, who lost his own daughter because she took a drug they thought would help her. She said: “OK Dad, you can go to Ottawa.” So here I am.

I have been doing drug policy research for 14 years in British Columbia. My research at the University of Victoria is funded by the Canadian taxpayer, mostly through federal and provincial research grants. I have never held any stocks or shares in pharmaceutical companies, nor have I done any work that has been funded by the pharmaceutical industry. I mention this specifically because it’s important. As a researcher, I like to base my assertions on data and my reading of the data tells me that most of the time when patient groups—many of whom do important and vital work—have ties to pharmaceutical companies, they will push for policies that improve the profits of the companies that fund them.

My reading of the data also tells me that those people you have heard from who demand better transparency of drug information, better regulation, more careful safety screening of drugs and better warnings issued to the public

Naked in the pharmaceutical marketplace

HEALTH

are not receiving funding by corporations whose interests are profits. Those who have gone before me, specifically Michelle Brille-Edwards, Terence Young and those from the Canadian Women’s Health Network, have made very good suggestions and I hope that this committee acts on them.

This drug I’m holding in my hand is the most prescribed drug in the history of the world. It’s a drug to lower cholesterol called Atorvastatin and is also known by the trade name Lipitor. Globally, the manufacturer sold \$14 billion worth of Lipitor last year of which about 14 million scripts went into the mouths of Canadians. In total, more than 20 million prescriptions for cholesterol lowering drugs – or statins – at a cost of over \$1.5 billion every year get consumed in Canada. That’s an awful lot of money for one class of drugs.

We allow conflicted experts to sit on committees deciding the definitions of disease and we allow our physicians to be educated by the pharmaceutical industry – an industry which currently spends in excess of \$3 billion per year marketing its products directly to Canadian physicians.

Let me tell you three things about high cholesterol.

1. High cholesterol is *not* a disease. It is a risk factor for a disease but it is often treated as a disease in and of itself.

2. Taking a drug to lower your cholesterol may save your life. If you are a man and have had a heart attack, it can help prevent another one. The benefit of the drug for these high-risk men is about three percent. Which is to say, even in high risk men, over 90% of men who swallow these drugs every day over five years will see no benefit in terms of living longer. There is evidence that the drug will not provide any benefits for women and these drugs provide no benefit to the elderly.

3. Taking a drug to lower your cholesterol may kill you.

While many people won’t have any problem taking statins, others will experience terrible – sometimes intolerable – adverse effects, the most well known of which is a condition called rhabdomyolysis. It’s a muscle weakening disease that can cause kidney failure and death. Cerivastatin (Baycol) was very

good at lowering cholesterol but it also killed people and was removed from the Canadian market on August 8, 2001.

Four years after Baycol went off the market, Health Canada issued a public advisory about the risk of rhabdomyolysis (July 12, 2005). Did Canadian doctors read this warning? Did they even see it? Did consumers become concerned and stopped taking statin drugs? Not the way I read it. Canadians swallowed 22 million scripts for statins last year, a number that has risen steadily throughout the last decade.

Yesterday, I searched the Canada Vigilance Online Database and found 1,173 reports for which Atorvastatin was associated with a ‘suspected’ adverse event.

How many people are really being hurt by this and other statins? The answer is: “we don’t know.” Those 1,173 reports (remember they are sent in

by volunteers) could represent between one and 10 percent of the people injured by atorvastatin – which means to say there could be between 11,000 and 111,000 Canadians injured by this one drug alone. There are currently seven other statins on the market.

How many of the 22 million scripts for statins in Canada this year are prescribed for men at high-risk? Probably three quarters of those drugs are taken by women, the elderly and other low-risk men who would not see any benefit.

The point that I want to make is that in Canada we don’t control the advertising and promotion of diseases, what I call “disease mongering.” We don’t control the definitions of disease and we don’t provide adequate, impartial health or drug information to Canadians or to our physicians. We allow conflicted experts to sit on committees deciding the definitions of disease and we allow our physicians to be educated by the pharmaceutical industry – an industry which currently spends in excess of \$3 billion per year marketing its products directly to Canadian physicians.

Where does the poor patient end up? In my estimation Canadians are naked in the pharmaceutical marketplace.

My recommendations for post-market surveillance revolve around stopping bad and misleading information from getting to patients or physicians and ensuring that we have adequate data before drugs are released to the wider population. I believe we need the following:

1. A policy on disease mongering. We need to maintain our current ban on direct-to-consumer advertising of pharmaceuticals but we need to go further and ask Health Canada some hard questions such as: What is your policy around disease mongering? Can you collect data to see if disease mongering is driving the inappropriate use of pharmaceuticals?

2. Better information for patients. There is a dire need for Canadians to receive approved and regulated information about diseases and drugs provided by an independent, objective source that is free from profit-driven industries that sell drugs or other treatments.

3. More objective information for physicians. It's not just patients who need independent information. It's time we recognized that leaving the education of our physicians to the pharmaceutical industry has some downsides. We need better physician education on prescribing and that education has to come from

an objective source, preferably one with stable public funding.

4. Learn from other industries. I think that post-market surveillance needs to be done and it needs to be done better, but it seems to me it's largely an 'after the fact' proposition. Could you imagine another industry, say the nuclear or the airline industries, where we allow the manufacturers to rely on post-market surveillance for the safety of their plants or their planes? Nobody would accept the proposition that the job of the regulator is to count the bodies afterwards and then decide if something is good enough to expose to the wider population. Both the nuclear and airline industries are required to take a zero-risk approach to their products, so why do we accept a lesser standard for products that people consume everyday? I don't know where new efforts to modernize the drug regulatory environment are heading, but I know no one has told me how a more modern drug-licensing regime will prevent thousands of Canadians from being injured by statin drugs.

If you think you have been injured by a prescription drug, you should call the Canada Vigilance Program at 1-866-234-2345. You can also submit an adverse reaction report on the Med Effect Canada website (www.hc-sc.gc.ca/dhp-mps/medeff/index_e.html).

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Veggie mites

NUTRISPEAK Vesanto Melina MS, RD

Last fall, Vesanto travelled to Philadelphia for the American Dietetic Association's 2007 Food & Nutrition Conference & Expo. During her trip, she facilitated an after-school program for teenagers in Malaga, New Jersey. This month's column was inspired by that program.

Do kids naturally hate vegetables or is this a myth that refuses to die? The food presentation and sampling event described below, designed for children aged six to 14, might inspire your own ideas about getting kids to eat healthy. Typical school snack menus feature pizza, grilled cheese sandwiches and ice cream but with so many youngsters becoming overweight, there is an urgent need for alternatives. Our "Eating Veggies 101" class began with lessons from the book *Raising Vegetarian Children*.

We began by first taking a look at the nuts and bolts of eating plants. For example, we eat many different parts

restaurants while the Mexican children knew plenty about avocados, tomatoes and chilli peppers.

We discussed how fruits contain seeds and are the part of a plant involved in its reproduction while other plant parts are called vegetables. For example, seeds are present in pumpkins, berries, apples, oranges and pears. Some people say a tomato is a vegetable while others call it a fruit. Who's right? We discussed that although we commonly think of certain plants as vegetables, to a botanist they would actually be fruits. Some examples are avocados, cucumbers, eggplants, peppers, squash, tomatoes and zucchini.

As we talked, we held up examples that we had brought: broccoli, garlic, hot peppers, eggplant, dry chickpeas, a bean in the pod, walnuts, etc., and asked which part of the plant each one represented.

We soon reached the practical (and best) part which involved eating the samples. Plates were heaped with carrot sticks, celery sticks, red pepper strips, snow pea pods, green beans and spinach

When children reject vegetables, they may be mirroring a lack of enthusiasm on the part of adults.

of plants: leaves, stems, flowers, roots, fruits and seeds. Could any of the students think of a plant we consume that is also a leaf? How about food that comes from the stem of a plant or from a flower or a root?

The youngsters' participation was immediate and enthusiastic, though as might be anticipated, some answers were given more to amuse than to be helpful. A reply given for the question about a possible leaf to be consumed, for example, was tobacco. This answer made us all laugh, as intended. But the kids came up with plenty of good answers too, such as collard greens, spinach, lettuce, kale and dandelion greens for edible leaves, celery and asparagus for succulent stems, beets and carrots for tasty roots, and broccoli and cauliflower for flavoursome flowers.

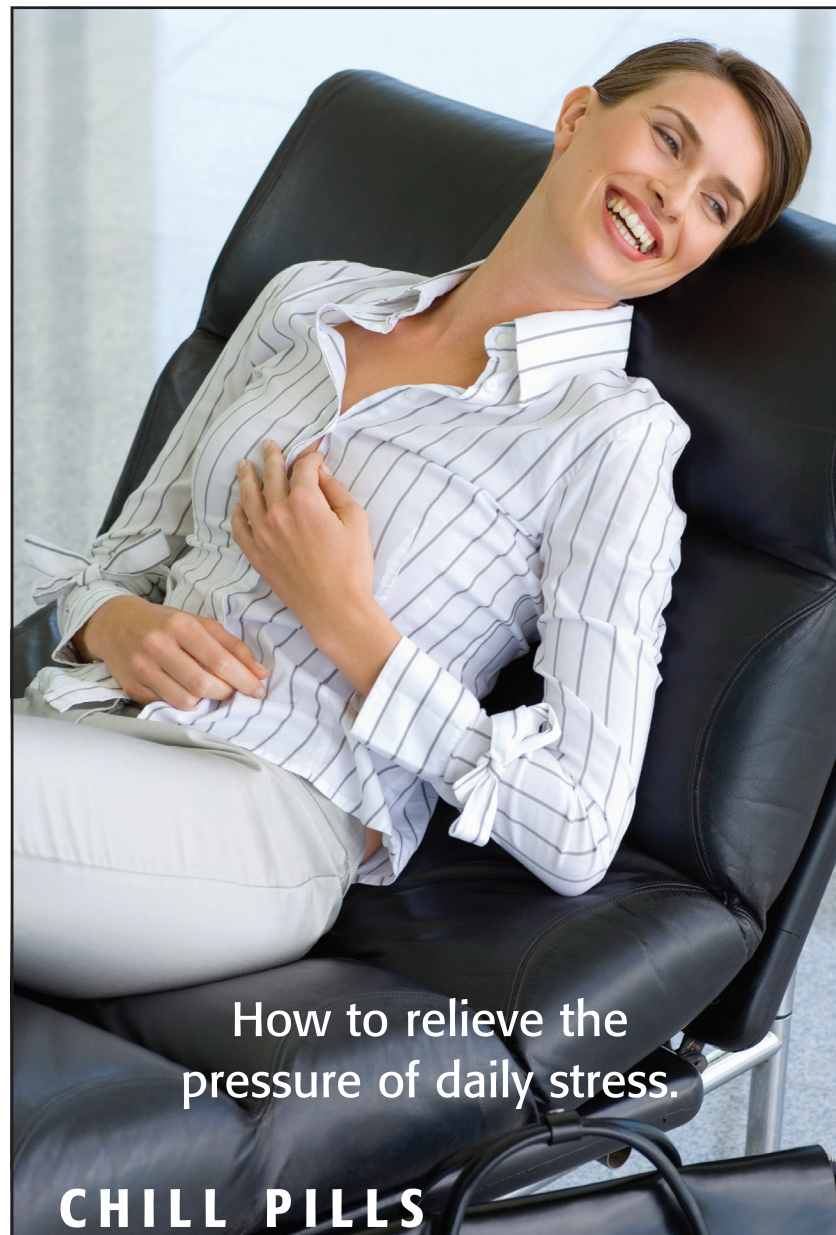
Our group included children from a variety of different cultural backgrounds. The African-American kids were particularly familiar with collard greens, sweet potatoes and peanuts, and we discussed how peanuts are known as "ground nuts" in Africa and that they grow just under the earth. Asian kids, for their part, knew of many interesting greens that we commonly find at Chinese and other Asian

leaves. A bowl held peanuts that were still in the shell. For dip, we had bowls of hummus (made from chickpeas, sesame seed tahini, lemon juice, a little garlic and pepper). The budding gourmands had ventured into new territory and were enjoying new kinds of foods. Parents and caregivers present were also captivated and many asked for the hummus recipe or where they could buy it ready-made.

When children reject vegetables, they may be mirroring a lack of enthusiasm on the part of adults. Luckily, we can revisit this idea. Try a new vegetable or fruit each week or month. Take an interest in the part of the world it comes from, how it grows and how it can be prepared.

While our opportunities to visit different countries may be limited, we can always explore the world from our kitchens and classrooms.

Vesanto Melina is a dietitian and author based in Langley, BC. Call 604-882-6782 for a personal consultation or visit www.nutrispeak.com Also see www.healthyschoolfood.org to get a year's worth of daily Wakeup Wellness Messages for a \$50 donation.



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EAR TO THE GROUND

Compiled by Andrew Fleming

"Thank you Your Holiness. Awesome speech." – George W. Bush, to Pope Benedict XVI after the pontiff's address about the importance of morality in a democracy.

"I am thrilled to be on Deal or No Deal with you tonight. Come to think of it, I'm thrilled to be anywhere with high ratings these days." – Bush again, while making a guest appearance on the hit game show. According to Nielson Media Research, the episode was actually down 19 percent from its season average.

"These are a bunch of money-sucking manipulators. Their sole aim is to try to suck as much money out of the pockets of people who really don't know what's going on." – Fisheries Minister Loyola Hearn, describing Sea Shepherd Conservation Society crewmembers arrested at sea for protesting Canada's seal hunt.

"You defend the seal killers and I'll defend the seals, face to face, in public. It's easy to call people names but he should demonstrate that he has the 'guts' to debate me in public. My bet is he will hide behind some sort of excuse that he won't dignify me with a debate." – Sea Shepherd founder Paul Watson, offering to publicly debate Hearn on the matter. The offer was declined.

"We'll be eight degrees hotter in 30 or 40 years, and basically none of the crops will grow, most of the people will have died, and the rest of us will be cannibals." – Media tycoon Ted Turner, on what we might have to look forward to in the coming years.

"If things become out of control then my only option is to completely resign." – His Holiness the Dalai Lama, on the recent violence in Tibet.

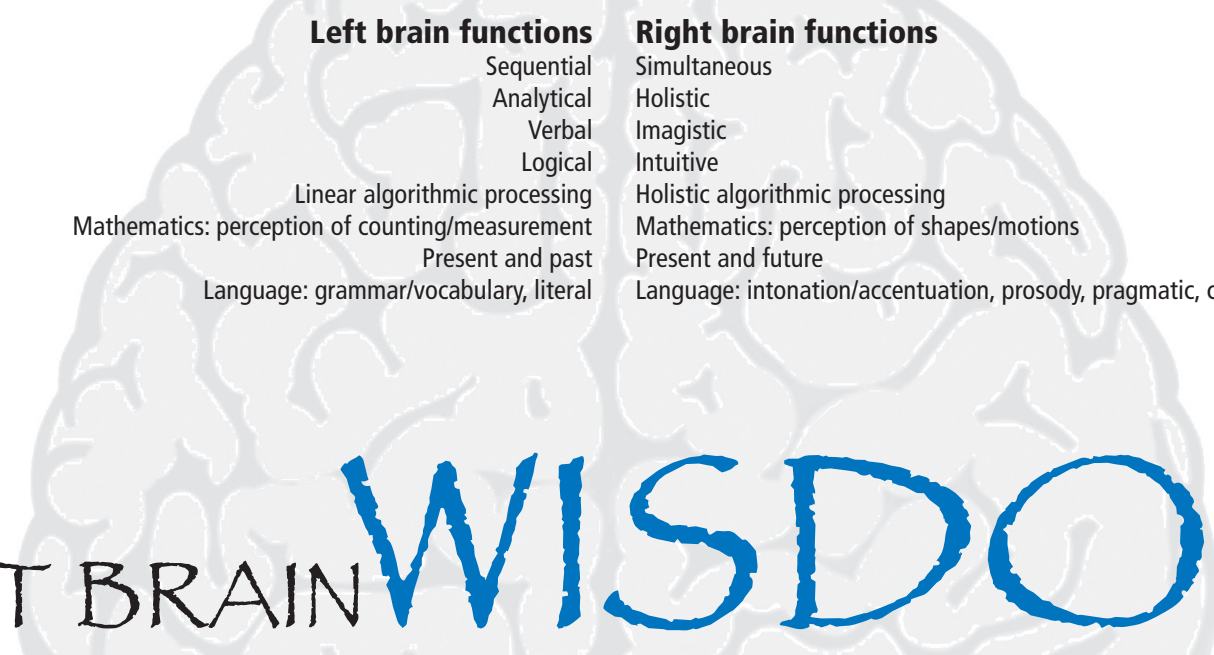
"I went out of my way to be accurate." – Former Pentagon official and Iraq War architect Douglas Feith, on his new book *War and Decision*.

"It's not surprising, then, they get bitter, they cling to guns or religion or antipathy to people who aren't like them, or anti-immigrant sentiment or anti-trade sentiment as a way to explain their frustrations." – Senator Barack Obama, at a private fundraiser explaining the difficulty of winning over some rural voters.

"It's OK to express outrage with the Chinese government's position against Tibet, but [Canadians] should be just as outraged, if not more so...with what is being done to First Nations here." – Phil Fontaine, Grand Chief of the Assembly of First Nations, warning about possible protests during the 2010 Winter Olympics.

"It's been like pulling teeth." – US Secretary of Defense Robert Gates, on the difficulties of getting the Air Force to provide unmanned drones for surveillance in Iraq and Afghanistan.

"George Bush made a speech this week on global warming. The good news: he finally admits it's real. The bad news: he wants to invade the sun." – Comedian Bill Maher, in a monologue.



Left brain functions	Right brain functions
Sequential	Simultaneous
Analytical	Holistic
Verbal	Imagistic
Logical	Intuitive
Linear algorithmic processing	Holistic algorithmic processing
Mathematics: perception of counting/measurement	Mathematics: perception of shapes/motions
Present and past	Present and future
Language: grammar/vocabulary, literal	Language: intonation/accenuation, prosody, pragmatic, contextual

RIGHT BRAIN WISDOM

by Joanne Sales

How many brain scientists have been able to study the brain from the inside out? I've gotten as much out of this experience of losing my left mind as I have in my entire academic career.

– Jill Bolte Taylor

The right brain, totally present in the now, has holistic visions and wordless wisdom. It speaks in silence, images, intuition and dreams. It is a parallel processor and cares about emotional expression, context and synthesis. The right brain loves abstraction – it *loves*, in general. While the left brain is busy cutting the universe up into pieces, the right brain brings it all back together with open arms and a song. Whether we see a forest as a cash cow or a sacred sanctuary depends on which hemisphere we are using.

Actually, there is only one brain, with separate right and left hemispheres in the cerebral cortex, but to simplify things we say right brain or left brain. The left brain is the realm of language; it talks (incessantly), judges, lives in the past and future, thinks linearly and literally, makes lists and gets things done. It is a serial processor – logical, sequential, rational. The left brain gets good grades and all the rewards in our society.

Our left brains have been ruling the roost. We have become so left brained, so lopsided in our brain use, it's amazing that we don't limp and that our heads are still round! We have proven that the intelligence of the left brain is awesome.

But it is a bit chatty, and doesn't have a clue about context, peace, the meaning of life. While it keeps us busy, it doesn't make us happy. As a result, collectively, we find ourselves in deep trouble. But simultaneously, we are on the verge of an evolutionary transformation, for the right brain has held its own and carried on quietly while being ignored. But times are changing.

Dr. Jill Bolte Taylor's experience, for example, has inspired thousands of people. At 37-years-old, this young brain scientist suffered a stroke and watched the entire process, including a deep immersion in the realm of the right hemisphere of the brain. While the right and left hemispheres of the brain do work together, they do so with enough distinction that when Jill's left brain shut down during her stroke, she experienced blissful silence, and had an awareness of the whole, of the one ocean of energy. She said it was Nirvana. View her right brain perspective in an 18 minute video at www.ted.com/speakers/view/id/203

Eckhart Tolle teaming up with Oprah to offer millions of viewers the opportunity to participate in free, online classes for *A New Earth* – totally right brain wisdom – is another powerful example of the shift that is occurring. And simple, but powerful, energy healing techniques like EFT and EMDR are healing people where Western medicine has failed. Pointing to the power of the right brain, when the famous chemist Kekulé was

In the "Revenge of the Right Brain," published in Wired Magazine in 2005, Daniel Pink says that, in this new "Conceptual Age," we would be wise to develop the right brain skills of meaning-making, empathizing and creativity because all the left brain jobs are being usurped by computers or sent overseas.

stumped about the molecular structure of benzene, in a dream he saw a snake biting its own tail. He awoke with the answer. Benzene was shaped like a ring. As Einstein said, "Imagination is more important than knowledge."

In an article entitled "The Revenge of the Right Brain," published in *Wired Magazine* in 2005, Daniel Pink says that, in this new "Conceptual Age," we would be wise to develop the right brain skills of meaning-making, empathizing and creativity because all the left brain jobs are being usurped by computers or sent overseas. His recommendation? "Go right young man and woman; go right."

We're in a bad situation, here on our small planet. The perfect storm. No mastery of the multiplication tables is going to see us through this crisis. We need a stroke of luck or a waterfall of grace, depending on which labels our left brain likes. We need things to go right. Not more information or clever antics; we need wisdom. And fortunately we can access greater wisdom by moving to the right of the left hemisphere. So how do we get there? Taylor says, "I believe that the more time we spend choosing to run the deep, inner peace circuitry of our right hemispheres, the more peace we will project into the world and the more

peaceful our planet will be."

We can get there through silence, art, music or a walk in the woods. Meditation, yoga, tai chi, singing, dance. By authentic spiritual practices, imaginative play, energy work and holding a baby. Immersion in love. Being present, being quiet, watching – inside and out. Ask the right brain!

Mother Nature allotted 50% of the higher brain's real estate to an unfathomable intelligence inside us that speaks nary a word, sees the whole picture and is intimately connected to the source of peace. As Jill Taylor said, we can "... purposely choose to step to the right of our left hemispheres and find this peace."

This is earth shattering news to the left brain. But it isn't the left brain that needs to hear it. Something else needs to. The awareness that recognizes we have a right and left brain. Who is it that has a right and left brain? That is the seat of consciousness.

How do we get there? Close your eyes, turn right, be silent and you're there.

Joanne Sales is an organic blueberry farmer, writer and teacher in Qualicum Beach. joanne@glasswing.com, www.joannesales.com

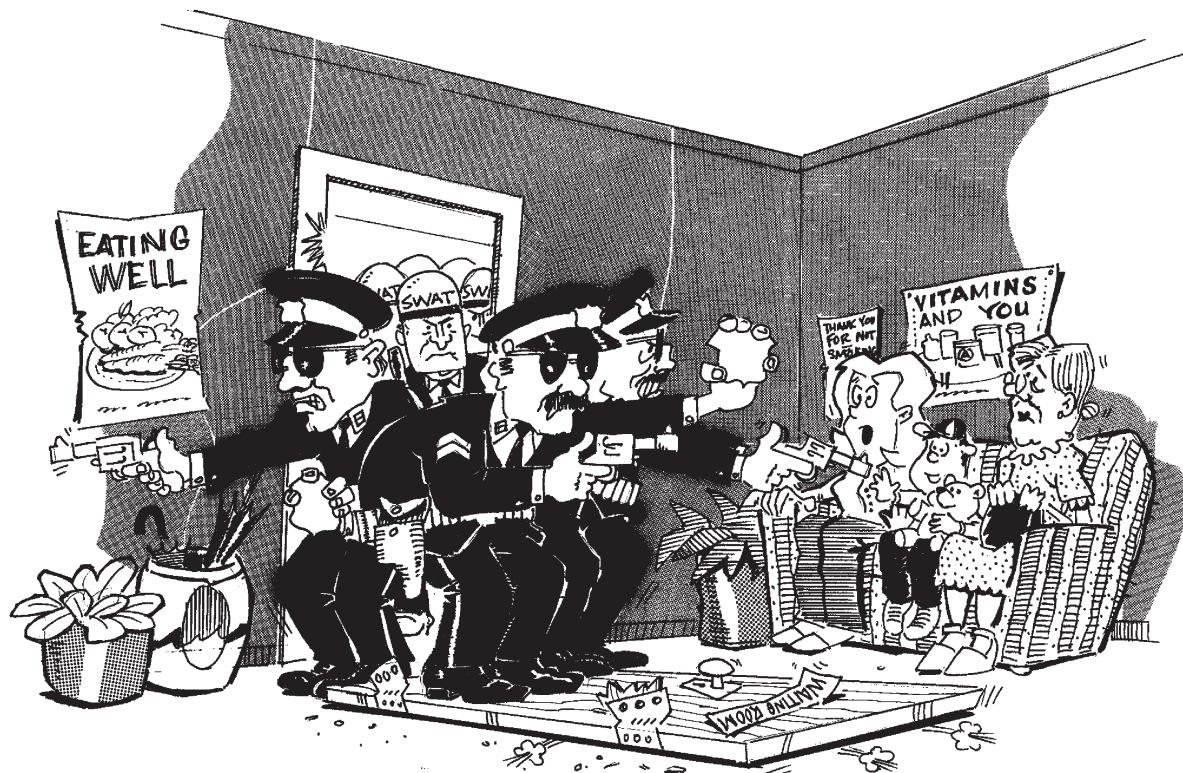
Bill C-51 threatens natural health products

Editor's note

On November 4, 1998, the House of Commons Standing Committee on Health tabled its report, titled "Natural Health Products: A New Vision". The report contained 53 recommendations, all of which were accepted by the Government on March 2, 1999. The first recommendation read that "Health Canada, in conjunction with a new separate Natural Health Products Expert Advisory Committee (EAC) should set out an appropriate definition of natural health products (NHPs) and amend the Food and Drugs Act accordingly." However, for expediency, a regulatory definition was created and implemented instead of amending the law; Natural Health Products (NHPs) would be considered as drugs under the Food and Drugs Act. In Health Canada's page of Frequently Asked Questions, the following response was given for the question of why the Act was not amended:

"While creating another category distinct from both food and drugs was considered, an amendment at the level of the Act would have been necessary. Due to the timelines and legislative process required for a change of this magnitude, it was decided that natural health products would be considered drugs under the Act, but with a set of regulations specific to NHPs."

In effect, Health Canada is stating that they chose not to implement the direction of the government, but there was a good reason – amending the Act would take a long time and be a lot of work. However, on April 8, 2008, the Minister of Health introduced Bill C-51, An act to amend the Food and Drugs Act. This legislation introduces new definitions, including a new product category called 'therapeutic products', a term that encompasses drugs, medical devices and cells used for therapeutic purposes. Despite there being an opportunity to amend the Act, an opportunity to amend definitions in the Act and include a decade-old Government directive to include Natural Health Products as a separate legal category, drafters of the bill chose not to. The question remains: why?



by Shawn Buckley

cartoon by Brad Nickason

What would you do if your favourite vitamins, minerals, herbs, homeopathics or nutritional supplements disappeared? Consumers have the right to know how regulations affect their choices. Shawn Buckley, LLB presents a talk about endangered natural health products at St. Andrews Wesley Church, 1022 Nelson St., Vancouver, Monday, June 2, 7pm.

On April 8th, Canada's Minister of Health, Tony Clement, introduced Bill C-51 into the House of Commons. If passed, the bill will drastically alter the current Food and Drugs Act, and that will be bad news for many Canadians.

Since 2004, when the Natural Health Product Regulations were first introduced, natural health products have been increasingly threatened. The regulations were Health Canada's response to consumer demands for the government to protect their access to natural health products. Unfortunately, the regulations have had the opposite effect.

Expectations are that if Federal Bill C-51 is passed, around 75 percent of new applications will most likely fail to meet new requirements.

Bill C-51 reads like a police state manual

There has never been a recorded death in Canada caused by a natural health product. Considering that there are multiple deaths every year caused by common foods such as peanuts and shellfish, it is clear that natural health products are extremely safe. When you consider the benefits of natural health products, including that many of us rely upon them for our very lives, it becomes clear that the real danger in regulating them is to "over-regulate" them off the market.

Shawn Buckley is a constitutional lawyer specializing in the Food and Drug Act. He acts primarily on behalf of manufacturers of natural health products. A new group has formed around these issues: Natural Health Products Protection Association, 2 - 953 Laval Crescent, Kamloops, BC, V2C 5P4. www.nhppa.org, info@nhppa.org

Bill C-51 would also give Health Canada unprecedented power to take natural health products away from consumers.

Traditionally, in Canada we have had the rule of law. This meant that it was not okay for the government to take our property without a warrant or without court supervision to prevent arbitrariness and abuse.

It is troubling that to "protect" us the state can seize our property without prior court approval, without clearly defined reasons for the seizure, without time limit, and without court supervision. It is troubling that the state can commit trespass on our property without any recourse. It is troubling that we can be personally fined and jailed for corporate misdeeds. I am still in disbelief. Surely, we can draft consumer protection legislation that does not read like a police state handbook.

The Federal government is proposing to take away our right to choose and make our health decisions for us. We would then be forced to use other treatments such as chemical pharmaceutical drugs, which can be dangerous and ineffective. For those of us who only get relief from natural health products, the new law would force us to suffer and, in extreme circumstances, die.

Urgent call to action

The Bill isn't yet law but will be unless concerned Canadians act quickly. You can voice your opposition by writing and calling your MPs, and Prime Minister Stephen Harper (613-992-4211 or 403-253-7990) or Tony Clement (613-944-7740 or 705-746-9053). Postage-free letters to any of them can be sent care of the House of Commons, Ottawa, Ontario, K1A-0A6. Check out www.nhppa.org for more information.

Rebirth and Renewal at New Roots Herbal.

New Roots Herbal was founded on the principle of the rejuvenation of body and mind. It was also created as a means to shift lifestyles from old harmful habits to fresh and healthy new beginnings.

So it's no surprise that, as spring arrives, **New Roots Herbal** is greeting this season of revitalizing and re-energizing with some rather exhilarating transformations of its own.

Breaking new ground once again.

New Roots Herbal has always been a pioneer in the development of all-natural formulations. And that tradition is sure to continue as they move into their new building. Located in a country setting just off the island of Montreal, this stunning 59,000 sq. ft. (5,481 m²) facility was designed from the ground up specifically for manufacturing of natural health products.

The facility's comprehensive analytical lab features the latest testing equipment to ensure all raw materials meet **New Roots Herbal's** high standards for purity, potency, quality, and safety. The head of the lab has a PhD from McGill University's Food Science and Agriculture department. One of his associates has a masters degree from the same department while the other has a masters from McGill's Bio Resource department. The lab itself is also GMP, NHPD, and pharmaceutical compliant. Not surprisingly, the new building has the New Roots team very excited.

With the opening of this new state-of-the-art facility, people can look forward to further groundbreaking research with a focus on developing innovative disease-specific medicines. The company is in the perfect position to make a greater contribution to peoples' health.

A new look on your health

The **New Roots Herbal** transformation doesn't end with the new building—the whole brand is undergoing a revitalization. That means an evolution to a fresher, more contemporary design with consistency across the brand. While the green leaf remains the key icon, the look has been updated to encompass the four elements, which have always been so integral to **New Roots Herbal**. They believe customers will embrace the refreshed identity with its more vibrant and easier-to-read packaging.

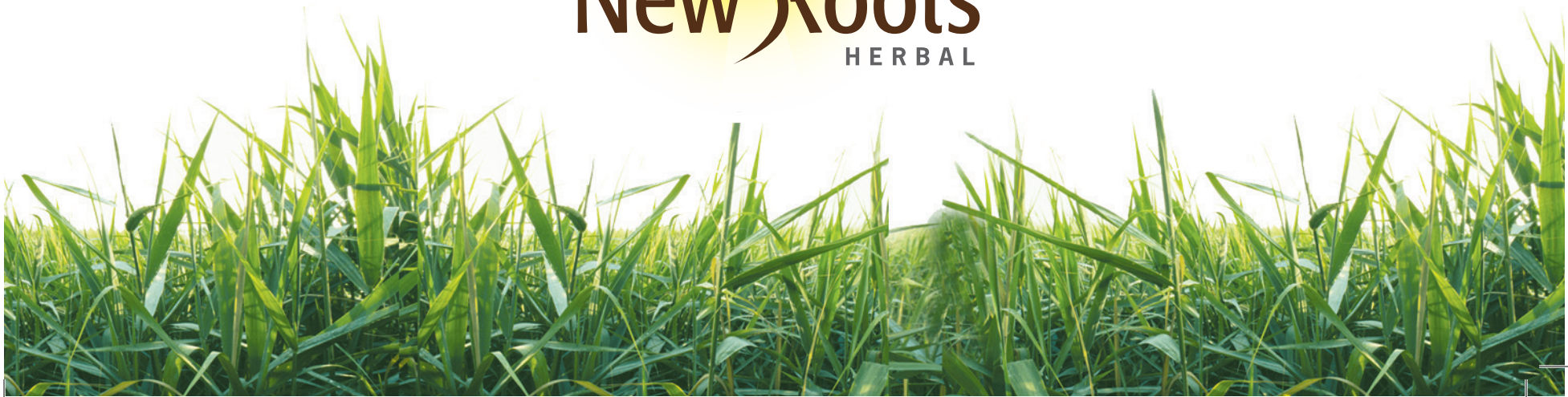
"Our knowledgeable customers have always expected only the highest quality ingredients from our formulations. This change ensures our packaging reflects the premium nature of our products and everything we put into them," says founder and President Peter Wilkes.

The company hopes that the new look will also create a greater sense of balance between the advanced science that goes into the products and the friendly, approachable nature of the company that makes them.

The more things change, the more they stay the same.

Even with all these exciting transformations, some things at **New Roots Herbal** remain the same: their focus on quality, consistency and efficacy, and their passion for providing the ultimate in ingredients and the highest quality products possible.

New Roots Herbal is always looking for exciting, new ways to make their products better while never looking past what has made the company so successful to begin with.



CONVERSATION WITH STÉPHANE DION

by Joseph Roberts

Joseph Roberts: How was Burns Bog?

Stéphane Dion: It was wonderful. Beautiful, such a great area so close to Vancouver. We need to protect it.

JR: Thank you, yes. I'd like our readers to get to know more about who you are as a person, so I think I'll first ask what got you involved in politics?

SD: My love for my country and the sense that it's better to keep all your fellow citizens instead of dropping them and changing them. In other words, I'm Canadian and a Quebecer and I don't want to choose between these two identities. I had some fellow Quebecers with a different view and I wanted to convince them to share this great country with other Canadians. It's much better than to create 10 separate republics and a northern United States.

JR: What are Canadians most concerned about right now?

SD: I think they have a good sense of the challenges we're facing in this century that we need to change into opportunities. They have a better sense of that than the current government and Prime Minister.

People realize we have an aging population, that our children will have to pay for our pensions, that all of a sudden the baby boomers will go into retirement and we need to prepare the country for that.

People realize the global economy is moving towards Asia, and that China and India will become as big as the G-8 countries pretty soon and we'll need to adapt, and to count a lot on British Columbia for that.

People are aware that we need development because there's too much poverty in this country, too many people left behind – children, aboriginals, new



do you see yourself doing to affect positive change for those people?

SD: It's awful to think that tonight so many Canadians are without homes in a country that is so cold. It's impossible to accept. When I was Minister of Intergovernmental Affairs, I helped

even the United Nations.

They were good programs, helping people who have no home and who are struggling to find social housing. I certainly intend as Prime Minister to continue that. In broader terms, I think we need to tackle poverty generally in this country: We have 800,000 children in poverty in Canada. A lot of newcomers who don't speak English or French have a lot of difficulties to catch up and reach the standard of living we have here. Aboriginal Canadians are also left behind.

We have a plan to decrease poverty in Canada by a third – by half for children – over a five-year period. It will require some investments and some income support – help for communities for social housing and home business, urban transit, which is very important in the fight against poverty.

JR: There are some people who can't afford to take the bus to look for a job.

SD: Exactly. And childcare. So these kinds of services plus a strong income support for people in need is what we'll provide.

JR: There's a number of people who don't vote because they don't trust the

process. They've felt ripped-off in the past – such as with David Emerson in Vancouver-Kingsway who was elected as a Liberal but crossed over right after the election. He's responded to the people in his constituency who have been demanding a by-election ever since by telling them to just get over it. That really undermines trust in the whole process.

SD: First, we'll make sure Mr. Emerson will not be re-elected. We have a great new candidate [Wendy Yuan] and we're sure she will win the riding with strong support. Secondly, it's not our style to do that. Someone who has campaigned against us would not be welcome in our cabinet the day afterwards. Mr. Harper did it. I would not do it.

But your question is deeper than that. It's about how can we convince people to vote. How can we increase the turnout in our country?

JR: How can we actually give them something worthy to turn out to support, because in fact 80% of the people in that riding actually voted Liberal. I think Mr. Emerson had to cross over to the party in power because he's the representative for the Shared Security & Prosperity Agreement to merge Mexico, Canada and the US. That was his agenda.

I'd like to think Canadians are intelligent enough to hear the truth, and I think Emerson treated them instead like children.

SD: You are expressing an indignation that I share. Let me tell you that we intend to win this riding and be sure that Mr. Emerson understand that politics is not like business. In business, you may switch from Coca-Cola to Pepsi. In politics, it's possible to switch, but you don't do that the day after a vote and after campaigning so harshly against the people you then join.

JR: Has that ever happened before, crossing over before Parliament even met, no issues, nothing?

SD: I don't think so.

JR: So it can't be compared to other situations.

SD: No. If he had good reasons to say he doesn't feel at home in his party any more, he can't support a particular issue and feels closer to his colleagues on the other side of the House, that's one thing. But he did it immediately after an election for no given reasons. I agree with you.

JR: Do you think the future could include a referendum on our political process? We have proportional representation as one possibility.

SD: Our party does not have a position as a whole; we'd need to have a public debate about the electoral system as you did in BC. But certainly, person-

.....
I may think of the US as an ally and a friend, but not as a model. For

Mr. Harper it's different. He's so close to Mr. Bush in terms of

ideology and the way he sees the world.
.....

Canadians, seniors – and we cannot succeed if we don't tap into the talents and skills of everyone.

People are well aware that we need to reconcile our way of life with the capacity of our planet, to have a healthy environment if we want to pass a better quality of life to the next generation, they want to make this right. They're aware that we're citizens of the world and that Canada should do its share.

JR: Some say Vancouver is one of the best places on Earth but there's a serious problem with homelessness here. What

my colleagues, especially one particular minister at the time – her name was Claudette Bradshaw [former Minister of International Cooperation – *ed*]. She was from New Brunswick and had a big heart and she said, 'We'll do something about housing and homelessness.' She asked me to help because we need to negotiate that with the provinces – it's mostly a provincial jurisdiction, as well as municipalities, mayors – and the federal government needed to become a partner. We came up with programs that have been praised around Canada and

ally speaking, I like the transferable ballot system – when you rate the candidates from most to least preferred – because it's richer as information about the preference of the people. At the end of the day, the one that is elected has at least 50% of the support in the riding and is close to the second choice of everyone. I think it would be better for the country.

As a candidate and a leader, I know I need to convince the voters of the other parties to make me their second choice, so I need to be nice. I cannot be negative. I cannot be, as Mr. Harper is doing, a bully insulting everyone else. He's doing that because he's trying only to seduce his core vote to win, but the moment you have to convince everyone that you can at least be their second choice, you are more respectful and the debate in Canada would be more civilized.

JR: Aeschylus, the ancient Greek playwright, said that in war truth is the first casualty. We've had many such incidents. I'm thinking that if truth is the first casualty, perhaps it could also be the first assistant in bringing peace. Do you support the idea of educating Canadians as to what's actually going on, rather than covertly supporting the wishes of the US in their empire building around the world?

SD: It's important to be transparent. Some information cannot be released for

agencies, or even RADARSTAT.

RADARSTAT was supported by the Canadian government with millions of dollars to create the best satellite imaging technology which can also be used for targets in Afghanistan. That was then given to MacDonald-Detweiler Associates in Richmond and just recently sold to an American company that builds landmines and believes there should be weapons in space. According to the information I have, David Emerson was on one of the boards of directors that made that deal happen.

So right now it looks like Canada's in a quagmire in Afghanistan, which is a very difficult position for you to be in, but I think the majority of Canadians don't want to be there and that our friends to the south are twisting our arm. I believe Peter MacKay is actually the salesman in NATO right now pitching everybody for the latest fashion of the day and the latest thousand troops. I strongly sense that MacKay, Emerson and Harper are working for the best interests of their friends in the US rather than Canada, and that if you were to take a strong stand against that war, you'd have the majority of Canadians behind you.

SD: Our position is that the combat mission in Kandahar should end in February 2009. It's important to understand that's not a timeline that we invented. It's an official one, and if a country cannot

I don't want us to be the first generation since Confederation to pass on to our children a quality of life not as good as the one we currently enjoy.

security reasons, but the current government has exaggerated that a great deal and has a secretive approach that can't be accepted any more. And, yes, you're right – not only that they're secretive but also that they lied to the population many times. When you don't tell the truth about something like the risk of torture in Afghanistan, then when will you tell it?

JR: The invasion of Iraq was based on the lie that there were weapons of mass destruction. Knowing they have been lied to also affects people's interest in participating in the process of governing and voting.

SD: We must keep in mind that Mr. Harper wanted us to be part of the Iraq war.

JR: Well, we have given support through naval vessels and personnel like generals in charge of other troops. Canadians don't really know this. And I think it's partly because the US is forcing our hand. If for political purposes we can't be part of the "coalition of the willing," then we'll help out in the background by supporting and training various different

end the mission when there is a timeline, this is a big problem. So we're very firm about the date because the prime minister committed us until then and we must honour that commitment.

JR: What's closest to your heart right now?

SD: I would insist on the environment along with the issues we've discussed. I think you have a great candidate in Vancouver Quadra with Joyce Murray. She helped save the Burns Bog that I just saw. She's the kind of member that would be a great help for the country. The challenge of our century is nothing less than to reconcile the people and the planet. It's a huge task. We are six billion human beings now. We were 1.5 at the beginning of the 20th century. We'll be nine billion in 2050. We are industrializing ourselves as high speed. The Chinese have 10 cars to our 600 per 1,000 inhabitants, but they don't want bicycles any more so they're buying more cars and each week there's a coal power plant being built with a lot of dirty coal. Twenty percent of the mercury in our lakes and rivers is com-

continued p.42...

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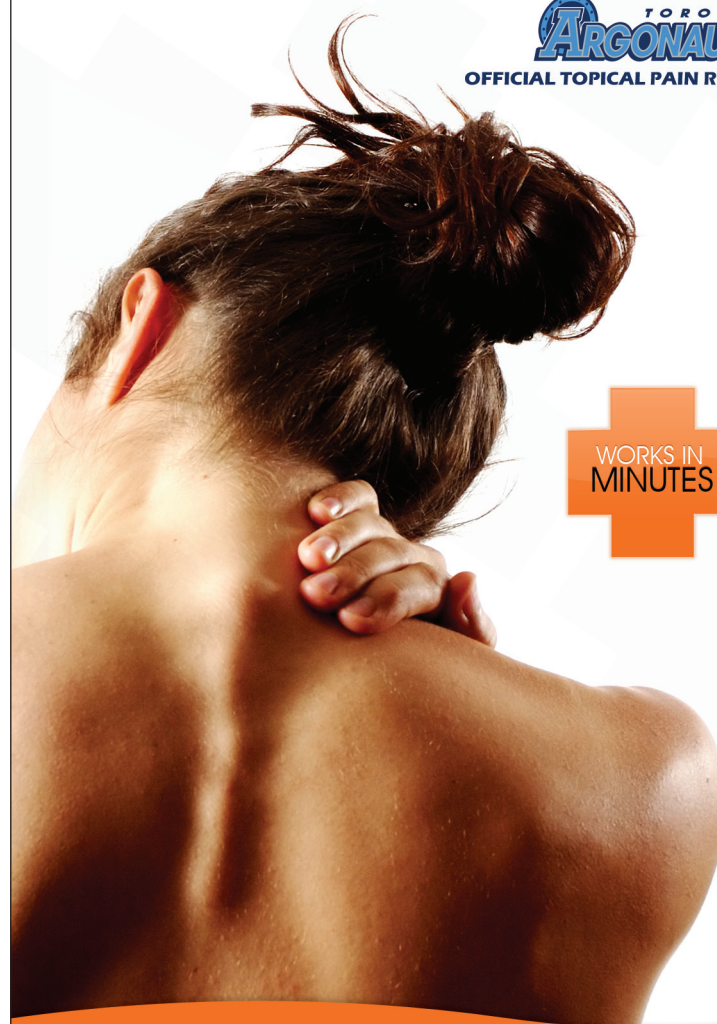


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THE POWER OF NOW Eckhart Tolle

SPIRITUALITY

There is a novel by Aldous Huxley called *Island*, written in his later years when he became very interested in spiritual teachings. It tells the story of a man shipwrecked on a remote island, cut off from the rest of the world. This island contains a unique civilization. The unusual thing about it is that its inhabitants, unlike those of the rest of the world, are actually sane. The first thing the man notices are the colourful parrots perched in the trees and they seem to be constantly croaking the words, "Attention. Here and now. Attention. Here and now." We later learn that the islanders taught them these words in order to be reminded continuously to stay present.

So whenever you feel negativity arising within you, whether caused by an external factor, a thought or even nothing in particular that you are aware of, look on it as a voice saying, "Attention. Here and now. Wake up." Even

the irritation or anger in this case, is far more disturbing than the original cause that it is attempting to dissolve.

All this can be transformed into spiritual practice. Feel yourself becoming transparent, as it were, without the solidity of a material body. Now allow the noise, or whatever causes a negative reaction, to pass right through you. It is no longer hitting a solid "wall" inside you. As I said, practise with little things first. The car alarm, the dog barking, the children screaming, the traffic jam. Instead of having a wall of resistance inside you that gets constantly and painfully hit by things that "should not be happening," let everything pass through you.

Somebody says something to you that is rude or designed to hurt. Instead of going into unconscious reaction and negativity, such as attack, defense or withdrawal, you let it pass right through

.....
Instead of having a wall of resistance inside you that gets constantly and painfully hit by things that "should not be happening," let everything pass through you.
.....

the slightest irritation is significant and needs to be acknowledged and looked at; otherwise, there will be a cumulative build-up of unobserved reactions. You may be able to just drop it once you realize that you don't want to have this energy field inside you and that it serves no purpose. But make sure that you drop it completely. If you cannot drop it, just accept that it is there and take your attention into the feeling.

As an alternative to dropping a negative reaction, you can make it disappear by imagining yourself becoming transparent to the external cause of the reaction. I recommend that you practise it with little, even trivial, things first. Let's say that you are sitting quietly at home. Suddenly, there is the penetrating sound of a car alarm from across the street. Irritation arises. What is the purpose of the irritation? None whatsoever. Why did you create it? You didn't. The mind did. It was totally automatic, totally unconscious. Why did the mind create it? Because it holds the unconscious belief that its resistance, which you experience as negativity or unhappiness in some form, will somehow dissolve the undesirable condition. This, of course, is a delusion. The resistance that it creates,

you. Offer no resistance. It is as if there is nobody there to get hurt anymore. That is forgiveness. In this way, you become invulnerable. You can still tell that person that his or her behaviour is unacceptable, if that is what you choose to do. But that person no longer has the power to control your inner state. You are then in your power, not in someone else's, nor are you run by your mind. Whether it is a car alarm, a rude person, a flood, an earthquake or the loss of all your possessions, the resistance mechanism is the same.

Don't look for peace. Don't look for any other state than the one you are in now; otherwise, you will set up inner conflict and unconscious resistance. Forgive yourself for not being at peace. The moment you completely accept your non-peace, your non-peace becomes transmuted into peace. Anything you accept fully will get you there, will take you into peace. This is the miracle of surrender.

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Evolve your higher self

UNIVERSE WITHIN Gwen Randall-Young

Mankind must evolve, for all human conflict, a method which rejects revenge, aggression and retaliation. The foundation of such a method is love.

— Martin Luther King, Jr.

Humans, like all animals, have a built-in potential for aggression. It helped our ancestors defend themselves against life-threatening attacks as well as to protect their young and food supplies. It was a primitive and necessary quality to ensure their survival when it was still a struggle to stay alive.

However, the human situation, particularly in the Western world, has evolved such that we do not face that physical

ally abusing the child. The employee made a mistake so it is the employee's fault the boss had to yell and humiliate the individual in front of other staff. A driver cuts off another motorist so it is the driver's fault the second motorist had an episode of road rage.

This process of shifting blame and denying responsibility for one's own unconscious and inappropriate reactions is typical of children. For a four-year-old, throwing a tantrum is a reasonable response to mother's refusal to give a treat before lunch. Likewise, Dad's refusal to extend the curfew is the cause of the teen's door slamming and under-the-breath muttering or outright screaming.

Ego does not reflect and consider the best course of action or

think about what would serve the highest good of all concerned.

That is within the realm of the higher self.

struggle every day, albeit it may sometimes feel that way emotionally. Yet the aggressive impulse remains, much to our detriment. Whether politically or personally, aggression only begets more aggression. Left to escalate, it can result in death: death of a person, a culture, a relationship and, most assuredly, of peace.

Aggression does not simply refer to acts of war or physical violence. Politically, it can refer to the violation, by force, of the rights of another nation or state. It can also refer to any personal offensive action, attack or encroachment. In psychiatric terms, it refers to overt or suppressed hostility, which may either be innate or the result of a feeling of sustained frustration. This hostility could then be directed towards the self or onto others.

Other than in truly life-threatening situations, interpersonal aggression is the result of the ego's machinations. For instance, the ego does not get its way and doesn't feel in control or has taken offence, therefore deciding it must strike out. Perhaps feeling jealous, inferior or intimidated, the ego may launch completely unprovoked attacks to try and make it feel better. But because this never works, the ego simply continues to attack.

Someone who vents anger and aggression or otherwise attacks others virtually always blames the outside world: the child frustrated the parent so it is the child's fault the parent went off the deep end, perhaps even physically or emotion-

Ego is certainly the less evolved, more reactive aspect of our being and truly does operate from a childlike perspective. It is impulsive and reactive. It does not reflect and consider the best course of action or think about what would serve the highest good of all concerned. That is within the realm of the higher self.

While we all possess the ability to access our higher selves – that place of wisdom and maturity – many people have either not learned how to realize that consciousness or they have chosen not to. Sometimes people do better in certain areas; some may have difficulty with family or intimate relationships, for it is much easier for ego's reactivity to be triggered here.

We used to shake our heads over the conflict in Northern Ireland. We still ponder the ongoing difficulties in the Middle East and we wonder if the people there will ever choose peace. Yet, in our own lives, we may not have learned to deal with differences from a place of wisdom and compassion, searching for solutions rather than needing to prove we are right.

Both as individuals and as a species, it seems we still have some growing to do.

Gwen Randall-Young is a psycho-therapist and the author of Growing Into Soul: The Next Step in Human Evolution. For information about her books and "Deep Powerful Change" personal growth/hypnosis CDs, visit www.gwen.ca

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Letters to the editor

Westend wireless safety hazard

I live in the Westend in Vancouver at 1395 Beach Avenue at Sunset Beach, near our beautiful Stanley Park. I have been living at the same address for 22 years.

On March 10, the property owner posted a notice in the elevator and in the lobby advising that the building will be undergoing a utility upgrade project, but gave no specifics. A retired lawyer friend directed me to Vancouver City Hall. I found that two separate permits were issued in February of 2008 to Bonnieh Enterprises Ltd., the owner of the property, with its mailing address located in Montreal, QC, at Le Complex Desjardins. An electrical permit was issued to Mott Electric for "7 roof antennas" for cell phones and the second for wireless internet. I later learned that the project involving Bell Mobility would have an electric power service of 200 kilowatts. It appears there is provision for a standby diesel generator for power when BC Hydro fails. Carbon monoxide monitors are a requirement on the permit, presumably for tenants to be forewarned of being overcome by diesel fumes, as the standby generator will be tightly nested by surrounding apartments.

I have serious concerns because Canada has no regulations in place to protect the environment which, in this case, includes humans of all ages including nursing mothers, from the effects of electromagnetic radiation, and this project will be an equal or higher capacity than the maximum 150 kilowatts broadcast that FCC allows on remote mountain tops. (The permit, I am told by an electrical engineer, is for 200 amps 600 volts three phase which computes to 200 kilowatts). Surrounding apartments are as much as 10 floors higher. The City of Vancouver is complicit in that they did not even require the applicant to give public notice to surrounding tenants. Also federal, provincial and city elections are all less than 12 months away.

I further understand that Health Canada appears to be relying on junk science to determine that there is no "... convincing scientific evidence that human exposure to RF fields below the limits outlined in Safety Code 6 produce any adverse human health effects." Yet Dr. George Carlo, a leading authority on the dangers of radio frequency radiation, says that wireless technology is the most serious threat that we will face in this lifetime, in terms of our health.

It appears to me that what is being done by the owner of 1395 Beach Avenue and by the Electrical Contractor Mott Electric and by Bell Mobility is akin to a terrorist act against the tenants of 1395 Beach Avenue and surrounding residents in the Westend. For profit, the

owner of the property has put everyone at risk, knowing that the heavy equipment in the indoor garage of the property is hazardous, as the outside parking lot above, when it rains, leaks into the inside parking lot, where the heavy equipment is being installed.

One has to question whether or not the property owner, along with others involved in the project, is keeping the project a secret from the tenants and the Westend community because they know the intense radiation from microwave antennas poses a serious threat to public health and the environment.

I would like to see the project stop, forthwith, and the only possible way, if the city does not assist, is through some wide-ranging publicity.

Tina Zanetti, Vancouver

Doctor pushes for fewer drugs

Thanks for publishing Dr. Cassels' excellent articles on statins and antidepressants. As a Victoria physician, I'd like to say that not all physicians are fooled by pharmaceutical advertising. I, for one, spend a lot of my time trying to encourage people to reduce their intake of many of these drugs. But it's an uphill slog, especially now with CDM (Chronic Disease Management) guidelines encouraging their widespread and almost indiscriminate use.

Michael Greenwood, Victoria

Who can afford to get old?

Alan Cassels' article "Big Profits in Drugging Seniors" really struck a cord (April 2008). I've been working in the health care field as a residential care aide for 14 years. When I started in the industry, I worked strictly in homecare. After a few years' hiatus, I am now back in the field but this time I work for an agency which sends me out to long-term care facilities.

I, too, am interested in justice for anyone being taken advantage of. While I would be the first to defend almost all the healthcare workers I have met along the way, most of whom do great work despite staff shortages, (most places I've been to have this problem) too much overtime and heavy work loads, I am also saddened to hear comments like, "oh don't worry, they'll be a lot easier to handle once their med's kick in" and "it would make my job so much easier if he/she was medicated."

I am just a care aide, and know little about what is and what is not appropriate in terms of medications for the treatment of the elderly. I am not a big believer in the whole pharmaceutical machine and have always believed that is mostly all about the money anyway. Now, after having read Cassels' article and seeing the connection between developers, "big

pharma" and greedy owners, I am even angrier.

I had been talking to some of the residents at one of the private facilities I have been working at recently and was amazed to find out that the average rent for a room there is \$5,000 per month. I can't recall if meals were included, but at some other places they are extra (as are many other things such as meals in your room if you are too ill to come down to the dining room). I also discovered from some of the residents who had been there for a few years that many of the things they had before are now either non-existent or have been cut back sharply. The quality and variety of the meals provided (the kitchen staff do the best they can with the supplies they are given), many outings and recreational trips, in-house entertainment and recreation/fitness programs are a few examples of these changes.

Some of these people will end up spending their life savings in a few short years living with these expenses. Just where does this money go? After their money is gone what will happen to

of corporations.

I am referring to the latest example I have encountered of a corporation and its shareholders being placed in higher regard than the taxpayers of this country. In the February 2008 issue of *Common Ground* magazine, a beacon of independent alternative media, there is an article entitled "Canada Sells RADARSAT to US Weapons and Space Industry." For the complete article, please see commonground.ca/iss/199/cg199_radarsat.shtml. In this article, author Richard Sanders describes how this satellite, designed for "intelligence, surveillance and reconnaissance," cost Canadian taxpayers \$900,000,000. This is money that could have been used to fund health care, education, environmental protection or any number of worthy causes, for which we're told there is no money.

However, after paying the better part of a billion dollars, Canadian citizens did not benefit one bit. Who reaped the rewards of this investment? MacDonald, Dettwiler and Associates of Richmond, BC; RADARSAT was handed over to the company in a secret contract with the

This is clearly a government working against its own people to win the friendship or approval of the US military-industrial complex.

them? Where will they live?

It seems to me that many of the owners of these facilities are only in it for the money and compassion be damned. Who's looking out for these people who have come to the end of their lives only to be preyed upon by money-hungry, unscrupulous owners and big business?

Kevin Porter, Victoria

Grow food, make friends

Thank you so much for printing Carolyn Herriot's article "Contributing to our Local Food Supply" (March 2008). Our community in the Cowichan Valley is currently working on a food security plan. In public consultation, we have found that many people are keen to learn more about becoming more independent regarding their food. If anyone has those skills (gardening, canning, jam making etc.) please don't be shy about offering to teach someone.

Susan Smith, Cowichan Valley

Emerson misfires with RADARSAT

[This letter was originally sent to David Emerson, Vancouver-Kingsway MP.]

I'm writing as a Canadian citizen who is outraged by the behaviour of the federal government of Canada for its continued disregard for the best interests of the people in favour of the best interests

government of Canada. Then, on January 8 of this year, MDA announced that they had sold its Information Systems and Geospatial Services operation, including the publicly funded RADARSAT as well as the much-lauded Canadarm, to Alliant Techsystems of Minneapolis for \$1.325 billion in cash. So while the shareholders of MDA had a great day on the stock market, in actual fact, Canadian taxpayers had just handed a US weapons giant \$900,000,000.

Where does this begin to sound democratic? Which aspect of this demonstrates a government that is "for the people"? This is clearly a government working against its own people to win the friendship or approval of the US military-industrial complex with its pro-corporate, pro-privatization agenda.

I'm ashamed of Canada's complicity in US war mongering, and this handing over of some of our best technology further decreases our ability to stand tall as global peacekeepers, a misconception that is becoming more and more transparent.

You were elected to represent the people of Vancouver-Kingsway and it is your mandate to act in our best interests. Allowing the misuse and misdirection of my tax dollars to aid US military corporations is a gross violation of that mandate.

Catherine Hay, Vancouver

Just Dance turns the **big one-five**



Just Dance is excited to celebrate its 15th anniversary party on May 23! Held Fridays twice a month, Just Dance provides an all-ages, alcohol-free alternative to the club scene with all proceeds donated to various local charities and non-profit organizations. This is a vibrant dance event with music from around the world that gets people from all walks of life dancing up a storm.

The big b-day bash features resident DJ Abheeru doing his thing along with a stellar line-up that includes world-class percussionist Pepe Danza and African dancer Jacky Essombe plus didgeridoo and Poi performances. Just Dance also plans to pamper participants by providing plenty of prizes, including a week-end retreat for two at Hollyhock on Cortes Island.

The Just Dance experience is as diverse as the people attending it. Over the past decade and a half, friendships have been formed, creative connections made and life partners found – some even resulting in “Just Dance babies.” For many, it is more than just a World Beat dance party; it is a modern version of a tribal experience. A Buddhist monk once observed this kind of danc-

ing can be like meditation – and indeed it is. Thinking slows down, your week’s worries fade away and the body’s innate sense of celebration takes over.

On any given Friday, you will see dancers of all ages out boogying on the Russian Community Centre’s spacious dance floor. Some dance alone, others in pairs, while many form impromptu groups to let their backbones slide and dance the night away. It is for anyone who wants to move, connect and be in an openhearted and relaxed environment. Add to this Just Dance’s no booze credo and the whole place glows with a warm community vibe and a natural high.

Just Dance like no one is watching. Just do it.

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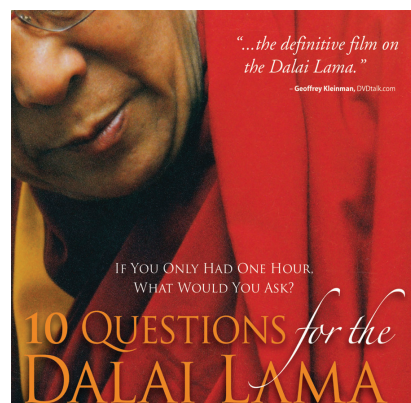
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Don Ginn worked for several years at the ECKANKAR Spiritual Center and for 17 years was the RESA of California. He now lives in Chanhassen, Minnesota, where he is a writer and business consultant. Don has been a guest speaker at ECKANKAR seminars in many countries around the world.

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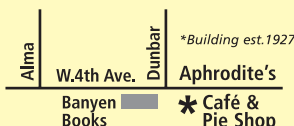
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Earth stewardship

EARTHFUTURE Guy Dauncey

Can we replace capitalism? It has such an all-encompassing grip on our world – from relentless advertising to the greed that drives the oil industry, no matter what the cost.

When I was working on my book *Cancer: 101 Solutions to a Preventable Epidemic*, a potential co-author said: “you’ll never end cancer until you end capitalism.” I wasn’t at all sympathetic since there is good evidence that legislation has made a solid impact in reducing the flow of toxic chemicals into our bodies and reducing the rate of cancer.

And yet, when we stand four-square to the future and observe the simultaneous incoming storms of global warming, food

With what, then, can we replace capitalism? The answer lies with Earth Stewardship. Earth Stewardship says we must learn how to live within the ecological realities of which we are a part. The oceans, forests, atmosphere, neighbourhood creeks and our own bodies are gifts that have been handed down to us over millions of years.

In practical terms, Earth Stewardship requires that we create new laws and institutions, such as Watershed Stewardship Councils where we can craft the agreements that will protect each watershed, while allowing for the activities we need to sustain our existence.

Piece-by-piece, law-by-law, habit-by-

Capitalism speaks to the infant in us. Earth Stewardship speaks to the family as a whole.

shortages, peak oil, mass extinctions, and a host of other crises any one of which is enough to make us cry a global “ouch”, how can we not notice that the culprit behind all these problems is capitalism, the system of laws and entitlements created 250 years ago?

At the time, leading Europeans were filled with the excitement of using science, travel, trade and commerce to explore new lands, invent new technologies and break new frontiers. London’s Great Exhibition in 1851 attracted six million people who walked, cycled, and took trains to marvel at the promise of a brave new world.

Today, we stand on the far side of that promised land. The mechanisms of capitalism, combined with democracy, have created most of the comforts and freedoms we now take for granted. As a means of creating economic growth, the capitalist system has been without equal.

But all species stop growing when they reach adulthood. All humans – unless they are blindly selfish and spiritually barren – come to a point in their lives when they seek deeper meaning and purpose.

The capitalist approach that we used when ancient forests spread from horizon to horizon and the oceans teemed with fish becomes a total disaster when the fish and forests are nearly gone and the planet is overheating from our uninhibited use of fossil fuels. Capitalism has always been ecologically blind, treating Earth’s ecological web not as the source of all existence, but merely as an obstacle to greater profits.

habit, we must weave the fabric of Earth Stewardship into our lives, placing the needs of Nature above those of profit and personal gain. We must embrace sustainable energy instead of fossil fuels, organic agriculture instead of chemical agribusiness and ecological forestry instead of clear-cutting. It is a huge, ongoing project that we need to find in every home, every farm and forest and in every bank and corporation.

It must happen both locally and globally. Neighbourhood groups can persuade residents to place conservation covenants on their land, while global treaties can declare portions of the ocean off-limits to fishing.

Earth Stewardship is not anti-business or anti-free markets, which are effective systems to produce the goods and services we need. Earth Stewardship, unlike capitalism, simply says that all business and markets must respect Nature instead of ravaging and dominating it.

Only a selfish two-year old believes it can have its own way, regardless of the impact on the rest of the family. Capitalism speaks to the infant in us. Earth Stewardship speaks to the family as a whole.

It need not be a difficult transition. One day, children will hopefully study capitalism as they currently do hunter-gatherer and feudal societies. The transition is needed *now*, however – there is not a day to lose.

Guy Dauncey is the author of Stormy Weather: 101 Solutions to Global Climate Change and other titles.
www.earthfuture.com

Joe Mock, Shari Ulrich, Rick Scott

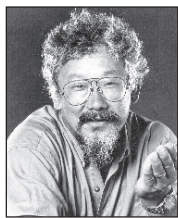


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- **Creston** Saturday May 17 - Creston Children’s Festival 2 pm
- **Duncan** Saturday May 24 - Providence Farm, 3 & 7:30 pm
- **Kelowna** June 6-7 - Island Savings Fat Cat Festival
- **Lake Country** Saturday June 7 - Creekside Theatre, 7:30 pm
- **Nanaimo** Sun-Mon May 25-26, Dinghy Dock Pub, 8:30 pm / Tuesday July 1 - Canada Day, Maffeo-Sutton Park
- **Nelson** Sunday May 11 - Nelson United Church Mothers’ Day Matinee 4-6 pm
- **Pender Island** Thursday June 19 - Pender Island Hall - Red Cedar Roots Festival 7:30 pm; Friday June 20 - Pumkids 6 pm
- **Saltspring Island** Saturday June 21 - Fulford Hall, 4 pm & 8 pm
- **Silverton** Sunday May 18 - Silverton Memorial Hall 7:30 pm
- **Surrey** May 29-31 - Surrey Children’s Festival
- **Victoria** Sunday June 22 - Metro Studio, 4 pm and 8 pm



Friends in unusual places

SCIENCE MATTERS David Suzuki with Faisal Moola

ENVIRONMENT

These days, the environment is at the top of the polls as an issue of concern, and global warming is often the lead story in the media.

What a change!

A few years ago, I would have been grateful to see any coverage of environmental issues anywhere.

Maybe Al Gore's documentary *An Inconvenient Truth* and the scientific reports from the Intergovernmental Panel on Climate Change have served as a global wake-up call. It's clear from the audiences turning out to my speeches that a lot of people want to make a difference. Perhaps the most surprising thing to me is the reaction from people and organizations that I normally wouldn't expect to be interested in environmental conservation.

In one example, a young professional hockey player named Andrew Ference from the Boston Bruins approached the global-warming experts at the

I mentioned that the planet was rapidly approaching peak oil, the point at which maximum global oil production is reached and energy prices start to rise rapidly, he seemed surprised. I expected him to respond in horror to the consequences of a world without cheap oil. After all, he's a business leader.

Instead, after thinking about it for a few minutes, he floored me with his answer. "I can make money on this," he said. After dinner, I thought a bit more about my host's response. In his world, the person with the most popular way to do something for less money wins.

My host's reaction thrilled me. Perhaps he'll latch on to a great idea such as using renewable energy to power all his factories and show his competitors that he isn't afraid to try something new – something innovative.

New solutions to old problems can only come from new ways of thinking. And having a diverse group of thoughtful people, from Canada's corporate leaders to our best athletes, come up with cre-

As more and more people wake up to the fact that we all share the resources in our global village, it is foolish to let party lines or old ways of thinking get in the way.

David Suzuki Foundation to see how he could reduce his own carbon footprint. Andrew even went as far as to encourage his colleagues at the National Hockey League Players' Association (NHLPA) to do the same.

The result was the launch of the NHLPA Carbon Neutral Challenge. In accepting the challenge, individual NHL players purchase high-quality Gold Standard carbon credits to offset the greenhouse gases produced by their travel to and from games. The money used to purchase these credits is invested in renewable energy projects, such as wind farms, which produce green power that doesn't contribute to global warming. As I write this column, more than 500 NHL players have signed on to compensate for the carbon they produce during their season.

Although purchasing carbon credits doesn't reduce the production of emissions from burning fossil fuels that cause global warming, it is a step to compensate for travel that can't be avoided by putting a comparable amount of non-polluting energy on the grid somewhere.

Another surprise came when I attended a dinner hosted by a well-connected business leader a few months ago. When

active ways to attack global warming can only be a good thing.

The world has seen this type of innovative thinking before. High fuel prices caused by the Arab oil embargo in the 1970s required innovation on different levels: inventors and entrepreneurs developed and marketed solar power cells, car dealers imported cars that were cheaper to operate, urban planners designed multi-purpose neighbourhoods, and governments started legislating fuel-efficiency standards.

As more and more people wake up to the fact that we all share the resources in our global village, it is foolish to let party lines or old ways of thinking get in the way.

As parents, employers, employees, consumers, and citizens, we all have influence in one way or another. It's time for all of us to reach out to others with our ideas and open ourselves to theirs. You never know when you'll meet another person who wants to be a friend to the environment. Right now, our planet needs all the friends it can get.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org

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16 sweet food initiatives

ON THE GARDEN PATH Carolyn Herriot

Community Food Security is the name for a system dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food to all people at all times. It seeks to develop self-reliance among communities in obtaining their food and to create a system of growing, manufacturing, processing, making available and selling food that is grounded in the principles of justice, democracy and sustainability. Here is a list of some great local examples:

BC Agriculture in the Classroom Foundation – Part of the ActNow BC initiative to encourage healthy choices by all British Columbians, the foundation provides fresh fruits and veggies to 57,000 children in 164 different schools.
www.aitc.ca/bc/snacks/

This Island's Chef Collaborative – By featuring locally produced foodstuffs on their menus, the ICC increases consumer awareness and educates about the ecological and economic benefits of buying locally.
www.iccbc.ca/public/index.html

The Lifecycles Fruit Tree Project – The Fruit Tree Project harvests fruit from private trees that would otherwise go to waste that is then distributed among homeowners, volunteers, food banks and community organizations within Victoria.
www.lifecyclesproject.ca/initiatives/fruit_tree/

FoodRoots – Working with farmers, processors and retailers, FoodRoots gathers produce and products from local farmers and processors and makes them available to the community through Pocket Markets.
<http://www.foodroots.ca/>

SPIN Farming – Small Plot Intensive Farming (SPIN) is a non-technical and inexpensive farming system that makes it possible to earn significant income from land bases under an acre in size.
www.spinfarming.com/

P-Patch Community Gardens – P-Patch Trust, a nonprofit organization, offers 2500 plots, which serve more than 6000 Seattle gardeners on 23 acres of land. They supply seven to 10 tons of produce to local food banks each year.
www.ppatchtrust.org

Strengthening Farming Program – The program's tries to foster awareness between the BC government and the farm and ranching community and to improve land use compatibility between farm and non-farm uses
www.agf.gov.bc.ca/resmgmt/sf/about.htm

Smart Growth BC – Smart Growth BC is a non-governmental organization devoted to fiscally, socially and environmentally responsible land use and development with an emphasis on priority on infill, redevelopment and green space protection.
www.smartgrowth.bc.ca/

Island Direct Farm Marketing Association – This organization provides a guide to farms and farm fresh products in Greater Victoria, the Gulf Islands and the surrounding area.
www.islandfarmfresh.com/

BC Seed Security Project – The BC Seed Security Project is dedicated to providing information on organically grown vegetable, flower and herb seeds in British Columbia.
www.bcseeds.org/

Stewards of Irreplaceable Land – Established in 1989 as a non-profit organization, SOIL links Canadian farmers willing to take on and train apprentices with folks wanting to work and learn on organic farms using sustainable practices.
www.soilapprenticeships.org/

Slow Food – Slow Food is a non-profit, eco-gastronomic, member-supported organization founded in 1989 to counteract fast food, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, and how our food choices affect the rest of the world.
www.slowfoodvancouver.com/

FarmFolk/CityFolk – This non-profit society works urban and rural dwellers to cultivate a local sustainable food system.
www.ffcf.bc.ca/

100-Mile Diet – On the first day of spring in 2005, two Vancouverites chose, for one year, to buy or gather their food from within 100-mile radius of their apartment. The experiment unexpectedly turned into an international movement and a website was created for "100-milers" to exchange ideas and develop campaigns.
100milediet.org/

Seed and Plant Sanctuary for Canada – This charitable organization is dedicated to the preservation of heritage seeds and maintains a database for all edible, medicinal and useful crops that can be grown in Canada.
www.seedsanctuary.com/

City Farmer – In 1994, City Farmer started first website on the Internet promoting urban farming. Their pride and joy, the Vancouver Compost Demonstration Garden, can be enjoyed at 2150 Maple Street in Kitsilano.
www.cityfarmer.org/



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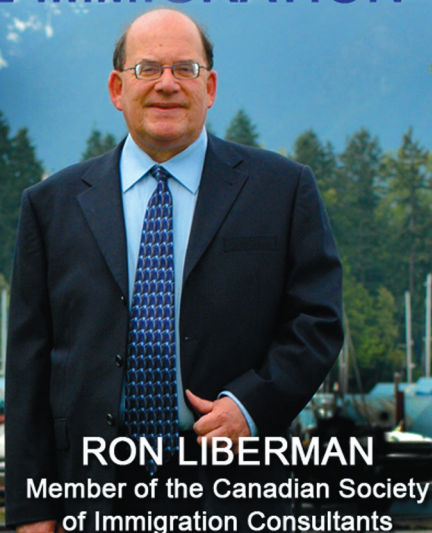
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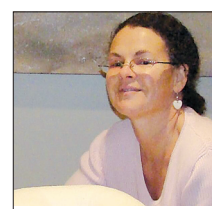
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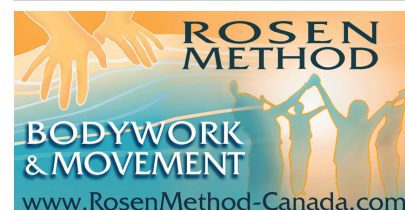


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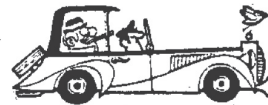
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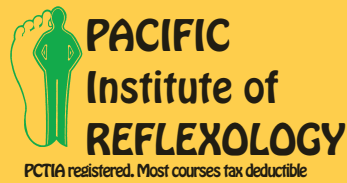
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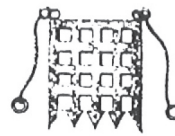
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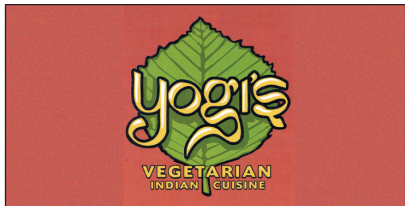


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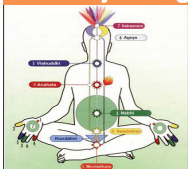
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HANS handed award



Left to right: Bayne Boyes, Sandra Tonn, Angela Nat, Graham Boyes, Lorill Hancock, Pauline O'Sullivan, Lorna Hancock

The Health Action Network Society (HANS) is this year's winner of *Burnaby Now's* Best Community Services Organization award. Founded in 1984, HANS is Canada's longest running consumer health network and represents consumer interests in the area of natural health. "We're thrilled by the support of our local members," said Lorna Hancock, the group's longtime executive director. HANS fields more than 25,000 inquiries a year on matters of natural health and the environment. The society, which is supported primarily through individual memberships and donations, educates via regular public events and through its publications, Health Action magazine and HANS e-News.

CULTURE

Spring always causes me to contemplate life. It presents a chance to think about the mysteries of new growth, continuity and what the future may hold. Passing from a difficult and humbling season to a time where life bursts up from under our feet and each new day holds the promise of improving upon the last. This natural cycle reminds me that a winter of depression will always blossom into an uplifting spring. In many cultures there are celebrations at this time of year for the increasing amount of light and the potential to grow more sustenance.

Shifts and changes are often described as painful or awkward, but their flip sides are the positive benefits that result from a transformation. *Balance* comes to mind when I stop to consider it all: even distribution of weight, stability, elements in proportion, comparing values, opposition, moderation, peace.

I come from a lineage of oppressed peoples. My family was persecuted and murdered in many countries; this prompted them to flee and is ultimately why I was born in such a place of privilege as Canada. Today my life is one of freedom, filled with choices. But slavery and abuse are still rampant on our planet. We need to take stock of our blessings and do something to change the dynamics that allow others to suffer under non-sustaining circumstances.

Balance does not mean that we have it good so then others must have to have it bad. Our prosperity and freedom can exist without the expense to others on the wrong end of the "free" market construct.

As a society we need to delve profoundly into solutions that work. There are no band-aid tricks for the challenges that face us. Converting food-producing land into biofuel developments while people starve is incongruous. As greenwashing becomes fashionable we must think and determine the value and realities of the terms we encounter. I don't claim to have all the answers but I do know that we must live purposefully to manifest the conditions under which all beings have dignity, safety and a clean planet to raise their family. Offer your ideas and actions to our community as you are able. We are the solution or the problem depending on how we use this opportunity today.

P.S. Please, please, please, everyone go find a copy of *Harper's* May issue and read Wendell Berry's Essay "Faustian Economics: Hell hath no limits." It speaks to so many issues that are entirely current and directly important for each of us to consider.

Quotes

The past is our definition. We may strive, with good reason, to escape it, or

to escape what is bad in it, but we will escape it only by adding something better to it.

- Wendell Berry

Two problems confront us: social inequality and environmental destruction. Both problems are reaching crisis points. We act as if they are separate. But they are linked - economically, politically, and morally. The solutions and strategies for each must, therefore, be one.

- Van Jones

We learn from our gardens to deal with the most urgent question of the time: How much is enough?

- Wendell Berry

Films

There Will Be Blood
Broken English

Making the Net Work

www.thesunmagazine.org/issues/387/bridging_the_green_divide
www.en.wikipedia.org/wiki/Environmental_Justice

Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti, and ponders many things. Currently he is doing what he can for himself and the planet. contactishi@yahoo.ca. Waiting to hear echoes back...



Generations

TWENTY SOMETHING Ishi Dinim

Globetrotting film fest big on "green"

FILMS WORTH WATCHING Robert Alstead

A new environmental film festival, Projecting Change (www.projectingchange.ca), runs at the Ridge Theatre May 8-11. Festival opener *Flow: For Love of Water* (8, 11) sets the tone with a globe-trotting look at the state of things in South America, India, the US and China. Fresh water and the lack of it on this planet is a recurring film fest theme, and the documentary takes the view that clean, free, fresh water should be a human right, and that water security relies on de-centralizing the water supply rather than allowing the concentration of the precious liquid in a few hands through government-sanctioned privatization. Water sources everywhere are in danger of becoming degraded, it seems, but the film remains upbeat with a look at initiatives such as a new cost-effective UV filtration system in India that is saving lives, money and the environment.

Taking Root: The Vision of Wangari Maathai (10) tells of the courage of Nobel Peace Prize-winner Wangari Maathai and her part in the evolution of Kenya's socio-political landscape. From humble beginnings, Maathai became a force for change in the seventies by quietly educating and organizing groups of women in villages across Kenya to plant trees with her Green Belt Movement – trees now grown into tall forests. Maathai's spirited and peaceful defence of her ideals in subsequent decades, in spite of beatings, imprisonment, threats and public ridicule by then dictator Moi, is an inspiration.

Mine Your Own Business suggests that environmentalists are like modern missionaries whose selfish idealism is



Scene from *Saving Luna*

denying the poor in developing nations jobs and housing. Affable business journalist Phelim McAleer visited the sites of major, new mine projects in Romania, Chile and Madagascar and asked locals which they would prefer: their current, impoverished lifestyle or a steady job at a new mine? The deck is stacked against the environmentalists; the film was funded by Canada's Gabriel Resources which is developing the Rosia Montana open-pit gold mine project in Romania, and NGO spokespersons succeed in digging themselves in deeper with some thoroughly patronizing comments about the people they are purporting to help.

Unlike Tibor Kocsis's award-winning documentary *New El Dorado*, which paints a very different picture of local feeling toward the Rosia Montana proj-

ect, McAleer's interviewees always say they want the mine.

The closing film is *Saving Luna*. I caught snippets of the Luna story in the news; a young Orca was separated from its pod and began befriending sailors along Nootka Sound on the West Coast of Vancouver Island. But it's not until seeing this film that I realized quite how deep peoples' bonds were with the whale, particularly the Mowachaht/Muchalaht First Nation and filmmakers Mike Parfit and wife Suzanne Chisholm who became personally involved in protecting the whale.

Luna positively thrived on human attention, but he also created a unique problem as playful whales and boats don't mix well (some people even threatened to shoot the whale if it came close to their boat). This tension about how to

save this gregarious and intelligent creature is the heart of the matter and as we follow the Department of Fisheries and Oceans in its initially flawed attempt to fine people for befriending Luna, and its later failed attempt at trucking Luna to a new location, we can't help but ask important questions about our relationship with animals.

The Unforeseen at Vancity Theatre (until May 9, not 4,6,7) is an excellent eco-docu based around a drawn-out battle to protect Barton Springs in Austin Texas, one of North America's largest spring-fed swimming holes, from property development. It's an even-handed story with beautiful imagery that needs to be fully appreciated on the big screen.

Robert Alstead made the documentary *You Never Bike Alone*.



One's character

PENSIVE Cara Shu-Mei

While growing up, I always found myself enrolled in some sort of extracurricular activity, and often more than one at once. Unfortunately, despite my various lessons in skating, soccer, acting, gymnastics, kung fu, etc, I can't claim expertise in any of them because I lacked the discipline needed to succeed and chose to let each novelty fade with the passing mood.

I've sometimes wondered if this is the result of a child's typically carefree fickleness or if there is something indecisive and slightly restless ingrained into my personality. As a strong believer in one's ability to choose and change one's char-

acter at will, it is difficult for me to even fathom having a trait so deep-rooted and beyond my control. And yet it remains a constant in my life, making the simplest choices seem daunting and the difficult ones nearly impossible.

There are exceptions, of course. Any decision that ignites my passion or offends my moral code is a very easy one to make. For example, while choosing what to eat for breakfast can be strenuous, deciding not to steal from a friend is effortless. It appears that in order to make a resolution, I need more than just logic, I need feeling.

Are we truly in charge of who we are

or are we merely captives of our deepest passions? Sure, we can control our actions for the most part through reasoning and calculation, but not without battling our often-contrary emotions. Is it worth it? I believe that if you reach some compromise between the two, absolutely.

Knowing that there are parts of yourself over which you have no immediate command is an intimidating thought because as humans it is in our nature to dominate all that we can. We forget that behind nearly all intellectual examination dwells sentiment. The battle between logic and emotion is often also

a battle between emotion and realized emotion. In fact, most cases need no battle at all. With this idea in mind, I'm able to determine that my indecisiveness is merely fear in a clever guise, and fear is easily overcome once recognized.

Imagine that we are all mounds of clay. You can't change what the clay is made out of, but you can shape it however you please. It might take a little bit of effort to make it into something that you can be proud of, but is worth every exertion. Just remember that wherever this particular journey may take you, stay happy, stay honest, and stay pensive.

Datebook

George Carlo, PhD, May 2
renowned authority on the dangers of cell phones & electromagnetic fields speaks in Vancouver: **Wireless – Popular, Convenient & Hazardous to Your Health.** May 2, 7-9 PM, St. Andrews-Wesley Church, 1022 Nelson St., \$20/advance at 604-435-0512, \$25/door or register online at www.hans.org/events/?event=carlo2008

MAY 1-4

Vancouver Marathon & Urban Lifestyle Expo: To volunteer, call 604-872-2928 or register at www.bmovanmarathon.ca Expo: May 1-3, Westin Bayshore, Vancouver. Marathon: May 4.

MAY 2

Dr. George Carlo, PhD presents a talk on health hazards of cell phones, cell towers & EMFs & signs of electro-sensitivity and how to deal with it. 7-9PM, Saint Andrew's-Wesley, 1022 Nelson @ Burrard.

May 2-4 & 17-24

Rosen Method Bodywork and Movement: Experiential Workshop, Vancouver: May 2-4, Public Intro Fri. 7:30-9:30PM, \$20. Full weekend, 9:30AM-4:30PM, \$195, 535 West 10th Ave. Residential Intensive: May 17-24 at Cascadia Centre, Roberts Creek. 1-877-885-0179, www.rosenmethod-canada.com

MAY 3

100th Anniversary Celebration of Gaelic Society of Vancouver. Traditional Scottish & Gaelic Music & Dancing Social 5pm, Dinner 6pm Tkts \$50. 604-929-4781 or 604-432-9216.

MAY 7-11

Core Belief Engineering Basic Course Summerland, BC. Learn how to transform limiting core beliefs in this mind-expanding five-day course. Personal transformation; Practitioner Certification. 604-536-7402. www.corebelief.ca / info@corebelief.ca

MAY 9

Pied Pumkin BC Tour: Beloved BC folk trio celebrates 34 years of music. BC tour starts May 9 at Rogue Folk Club, St. James Hall, 3214 W. 10th Ave. Full tour details at www.piedpumkin.com (See display ad this issue.)

MAY 10

Shamanic Drumming & Dreaming Circle: Saturday, 7-10PM. Learn to experience insight/healing from your Nature Spirit Totem guardians. At Vancouver Multi-Cultural Society, 1254 W. 7th. By donation. Earthsong Healing Circles. 604.418.9636, www.shamanichealing.info

MAY 10

Dru Yoga Workshop: St Marks Church, Larch Street at 2nd Ave. Register: 604-263-4432 or 604-936-3255 or canada@druworldwide.com Details www.druworldwide.com/canada

MAY 10

Linda Moulton Howe (www.earthfiles.com) presented by The Canadian Society of Questers (www.questers.ca). Linda presents hard evidence about the American government's denial & cover-up of extraterrestrials on this planet. The NORM Theatre UBC, \$25 at door. ccss@aebc.com

MAY 12, 14, 20, 23, 24, 31

Wayne F. Marentette: Communion – The Holy Grail of All Afterlife Experiences: Lecture/workshops in Vancouver, the North Shore & Victoria. Share the experience of a thousand lifetimes. Learn the purpose of our existence. Visit www.thetruegrailpath.com (See display ad pg. 3.)

MAY 16-18

Past Lives, Dreams & Soul Travel Workshop Sat 18, 1-3pm, BC Eckankar Seminar, Workshops, Chat Room, Dessert Social, UBC Student Union Building. Info: 604-724-6911, www.eckankar-bc.ca

MAY 19

Meditation for Planetary Peace on the Full Moon, 7:30 PM. 2950 Laurel St, Vancouver. www.pranichealing.ca/vancouver.htm

MAY 23

Just Dance 15th Anniversary: 9pm, Russian Community Centre, 2114 W. 4th Ave. @ Arbutus. Advance tickets at Banyen Books or at www.justdance.ca or at the regular Friday night dances. Tickets \$15 or \$20/door.

MAY 23-25

Basic Holistic Foot Reflexology certificate weekend course. Intro: \$10, Course \$325. Pacific Institute of Reflexology, (604) 875-8818, www.pacificreflexology.com

MAY 23-25

9th Yoga Outreach Fundraising Retreat: 1 week-end, 21 amazing yoga teachers, including Sandra Sammartino, James Fairbanks & Eoin Finn. Music from Wade Imre Morissette & Shine Edgar. Paradise Valley (near Squamish). Visit www.yogaoutreach.com 778-885-4293.

MAY 25-JUN 7

Permaculture Design Course: Kootenay Permaculture Institute, Winlaw, BC in cooperation with Selkirk College. Learn how-to design & implement ecological human habitat. Info: 250-226-7302, spiralfarm@yahoo.com, www3.telus.net/permaculture

MAY 30-31

Zenith Omega Volume One Healing Certification: Vancouver - 30th: 6:30-10PM & 31st: 10-6:30PM. Snacks & beverages provided. Info & registration www.souljourneys.ca or call 905-646-9168.

MAY 31

Adam DreamHealer Workshop in Burnaby: International best-selling author, speaker & energy healer orchestrates 2 group healings by merging auras. Experience self-empowerment. All registration online at www.dreamhealer.com (See display ad pg. 5.)

JUN 1 & 8

Akashic Record Certification Level One and Two (Vancouver) - 10am to 6pm each day; \$250 per level. Visit www.souljourneys.ca for more info and early bird registration.

JUN 2

Endangered Natural Health Products? Shawn Buckley LLB. presents a talk on how government regulations (Bill C-51 and C-52) affect consumer choices. 7pm, St. Andrews Wesley Church, 1022 Nelson St. Tickets \$20/\$25 or register online at www.hans.org/events/?event=nhp

JUN 6-8

Agama Yoga Retreat all levels welcome: Join us on beautiful Galiano Island for Yoga, meditation, lectures, films and friends. vancouver@agamayoga.ca, www.agamayoga.ca, 778-829-9628.

JUN 7

Snatam Kaur live in concert with GuruGanesha Singh: 7:30pm, West Point Grey United Church, 4595 W. 8th Ave., Tickets at Yoga West, 2662 West 4th Ave., 604-732-YOGA, \$25/\$40 or door \$30/\$45 or at www.SpiritVoyage.com

JUN 19, & 20-22

Basic DNA Theta Healing with Loretta Mohl: June 19 free lecture, sponsored by the Canadian College of Healing Arts. Register at 780-910-5052 or email Loretta@CanadianCollegeofHealingArts.com, www.CanadianCollegeofHealingArts.com

JUL 5-6

Thought Field Therapy Training: Discover how to use the body's energy system to eliminate emotional pain. Satisfaction Guaranteed. 14 CECs. Vancouver. www.DrNg.net, (250) 964 0118.

JUL 13-19

Pure Meditation. Would you like to learn to Meditate and bring more fulfillment to your life? In-depth course with direct disciple of Mata Yogananda. Self Realization Meditation Healing Centre 1-604-740-0898.

JUL 20-26

Gangaji: Vancouver Silent Retreat offers continuous support for resting your attention on the truth alive in your heart. At UBC. On campus residence and meal packages available, www.gangaji.org, 1-800-267-9205.

OCT 18-NOV 1

Medicine Power Journey to Bolivia & Peru: We will visit the homeland of the Inca, work with the renowned shaman Miguel Kavlin and make a pilgrimage on the ancient Inca Trail to Machu Picchu. Visit www.shamanicmedicine.ca, email info@shamanicmedicine.ca or call 1-877-329-8668.

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SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

Unity of Vancouver: Empowering people to create prosperity, health and loving relationships through the practical application of spiritual principles. Sunday Services 11AM, 5840 Oak St., Vancouver (604) 266-6281.

MONDAYS

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TUESDAYS

Children of War fundraiser at Chai Gallery at East is East, 4413 Main St. @ 28, 7:30PM-1:30AM, 604-879-2020. See Wed. listing for more info. www.thechildrenofwar.org.

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Endangered Natural Health Products? JUNE 2
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Children of War fundraiser: At Chai Gallery, upstairs at East is East. Local musicians & traditional dancers, 7:30PM-1:30AM, 3243 W. Broadway. \$25/door, 778-837-1862, www.thechildrenofwar.org.

FRIDAYS

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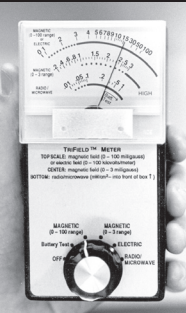
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Dion cont'd from p.23...

ing from China through that coal.

The world is a big village now and Canada must be one of the countries that finds the solutions for sustainable development. I want Canada to have a green revolution – not to kill the economy, on the contrary to have a strong economy – but one of the 21st century, not one of the 19th century.

Another issue close to my heart is water. Fresh water is becoming more and more a problem in many countries and climate change will make it worse. If we don't learn how to be better water managers than we are now, I'm concerned about the future. I don't want us to be the first generation since Confederation to pass on to our children a quality of life not as good as the one we currently enjoy.

So that's why I want to become prime minister of our country: to reconcile economic growth, social justice and environmental sustainability and to be a good citizen of the world.

JR: Why should people choose you over the others?

SD: The choice is between Mr. Harper and me. If you want to choose who will govern, it's one or the other. He's very right wing. I may think of the US as an ally and a friend, but not as a model. For Mr. Harper it's different. He's so close to Mr. Bush in terms of ideology and the way he sees the world. He said to a

very right wing US think tank that they were an inspiration for us as a socialist state that needs to learn from them. It's the way he thinks. When, for instance, he decided not to advocate against the death penalty in Montana for a Canadian who will be a victim of that policy if we do nothing, it's because he thinks the death penalty is a good thing. He or his ministers think that.

He said a couple of years ago that he doesn't believe in climate change. Now, he pretends to believe. He also said he doesn't believe in multi-culturalism and now claims to believe. I think we see a lack of sincerity in what Mr. Harper is doing.

I will provide sincerity. I'm telling you what I believe in. I will provide openness and respect. I think we Liberals have identified the challenges of this century that need to be seen as opportunities on the environment, social justice, economic competitiveness, the consequences of an aging population and how to be a good citizen of the world. We'll campaign on that and I'm confident that Canadian views about what to do with this country will be close to what we propose rather than to the very right wing approach of Mr. Harper.

The series continues in the next issue of Common Ground.

On Track Zodiac



MAY 2008 Adrien Dillon



ARIES (Mar 21 – Apr 19)

Feel the changes surrounding your life and manage your time wisely. If you diversify your finances and long-range goals, your business could advance significantly. Your need to "mix it up" could be the key to your progress, giving you a special niche in the areas you wish to succeed.



TAURUS (Apr 20 – May 21)

Appreciating and loving your body are important now as Venus shakes hands with your Sun sign. Learning to love yourself is the greatest love of all. You could really make some lasting changes in your approach to all things amorous and empowering while reviving your self-esteem.



GEMINI (May 22 – Jun 20)

You might feel that you have been given a new voice, a sharper way of expressing your views and a chance to deliver your message. Utilize the mercurial nature that is yours with self-expression but without the usual volatility. Now is a good time to begin some new projects and bring them to fruition.



CANCER (Jun 21 – Jul 22)

You have an open path to wander and co-create destiny as you mindfully plan your days ahead. While you may long for companionship, you need the open road to freely express your vision and to keep a passionate eye out for indications of great wisdom.



LEO (Jul 23 – Aug 22)

You might feel the urge to write some short stories, take some writing courses or simply keep a daily journal. As you dip the quill with the desire to express yourself, you also purify your emotions and get clarity of mind. Immense personal growth spices things up.



VIRGO (Aug 23 – Sep 22)

Sometimes old wounds will surface even though we feel they've healed. Many things can trigger emotions and there are times when it is best to be alone and work apart from others. To recharge your batteries and find peace, take refuge to rebuild.



LIBRA (Sep 23 – Oct 22)

You might feel as though your creativity is dormant. There is a need for release, a desire for expression in a deeper way. Both the projects you started and those you didn't now beg for an outlet in which to grow and flourish. Bubbling under the surface, your purpose will find the arena it has been craving.



SCORPIO (Oct 23 – Nov 21)

If you find your circle of associates doesn't inspire your artistic needs, you may want to take yourself off the usual path and visit some foreign destinations. Seeking variety and intrigue, you may travel in the hopes of discovering unusual and captivating lifestyles that feed your new bent for innovation.



SAGITTARIUS (Nov 22 – Dec 21)

Chances are you will be taking a long, hard look at your finances and how you spend your time and energy. These are precious mediums of exchange and you find ways to ensure they are circulating in a healthy manner. You will not conform to anything that doesn't offer you a sense of exhilaration.



CAPRICORN (Dec 22 – Jan 19)

Are you being as healthy as possible when it comes to your emotions? To obsess about something or someone could have a strong hold on your life in the future. In your present learning curve, your apprenticeship will bring great insights from the "school of life."



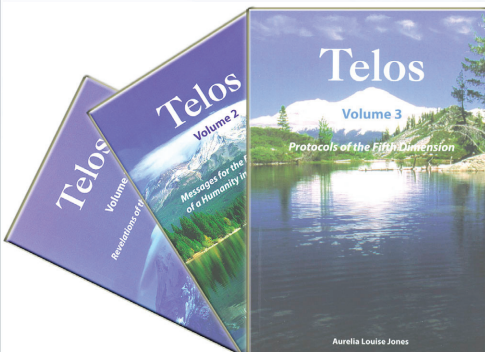
AQUARIUS (Jan 20 – Feb 19)

Many issues are uncovered for you and you may be more discerning about your personal boundaries. With some introspection, you will see aspects of your life that you have created that no longer fit who you really are.



PISCES (Feb 20 – Mar 20)

You are able to breathe new life into old behaviour patterns. Over the past few months, you have had some great highs and fewer lows and you're excited about new things to come. A fresh outlook and renewed energy is yours as you embark on some exciting times ahead.



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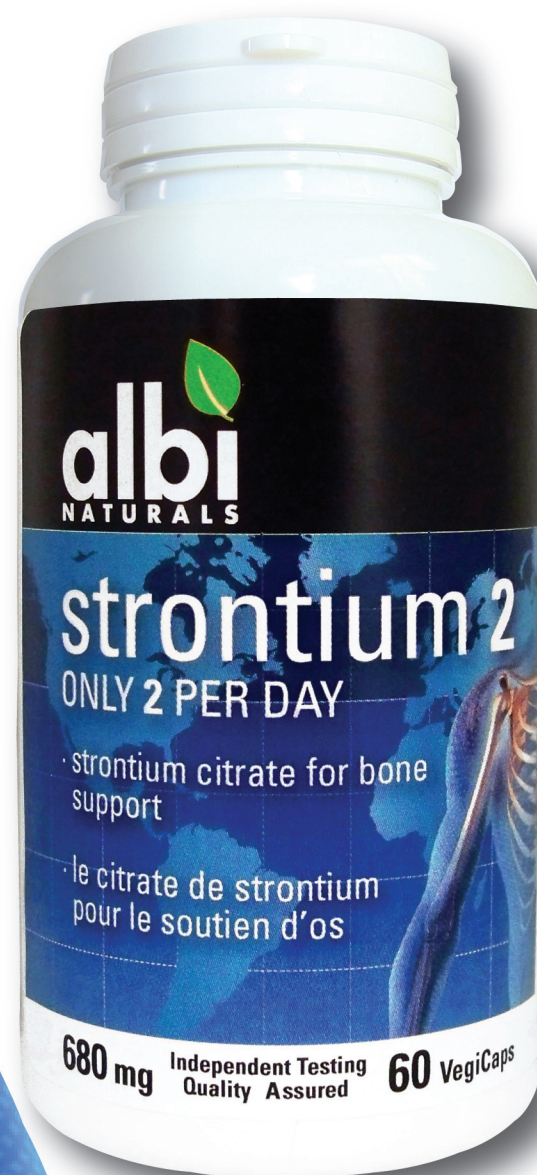
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